THE PEOPLE'S DOCTOR

CONTAINING THE

TREATMENT AND CURE OF

ALL THE PRINCIPAL

DISEASES

OF THE

HUMAN SYSTEM,

IN

PLAIN & SIMPLE LANGUAGE.

REVISED BY

H. P. GATCHELL, M. D.

TO WHICH IS ADDED,

FACTS

IN

DOMESTIC MATTERS.

BEING A COMPLETE

FAMILY BOOK.

CINCINNATI:
PUBLISHED BY E. SHEPARD
Second Street.

THE

PEOPLE'S DOCTOR,

CONTAINING THE

TREATMENT AND CURE OF THE PRINCIPAL

DISEASES

OF THE

HUMAN SYSTEM,

IN PLAIN AND SIMPLE LANGUAGE:

INCLUDING

THE HISTORY AND VARIOUS MODES OF TREATMENT OF THE CHOLERA.

REVISED

By H. P. GATCHELL, M. D.,

EDITOR OF THE "PEOPLE'S BOOK OF HEALTH AND WEALTH."

TO WHICH IS ADDED,

FACTS IN DOMESTIC MATTERS:

BEING A COMPLETE

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PUBLISHED BY E. SHEPARD,

SECOND-ST., BET. SYCAMORE AND BROADWAY.

1849.

A GLOSSARY,

OR

EXPLANATION OF MEDICAL TERMS.

Alteratives. Medicines which re-establish health without producing any sensible evacuation.

Antiphlogistic. Medicines or diet which oppose inflammation.

Antiseptics. Medicines which prevent and stop the progress of putrefaction.

Antispasmodics. Medicines which allay spasmodic affections.

Aperients. Medicines which gently open the bowels.

Apyrexia. Without fever.

Ascites. Dropsy of the belly.

Carminatives. A term given to those substances which allay pain and dispel flatulency in the primæ viæ.

Cathartics. Medicines which increase the number of alvine evacuations.

Chlorosis. The green sickness.

Coryza. An increased discharge of mucus from the nose.

Crisis. The sudden changes of symptoms in acute febrile diseases indicating recovery or death.

Cystitis. Inflammation of the bladder.

Diabetes. An immoderate flow of urine.

Diagnosis. The discrimination of diseases.

Diaphoretics. Medicines which promote perspiration.

Diarrhœa. A purging.

Diluents. Remedies which dilute the blood.

Dysentcria. Flux.

Emetics. Medicines which excite vomiting.

Emollients. Substances which relax the living animal fibre, without producing that effect from any mechanical action.

Epidemic. A contagious disease is so termed from its attacking many people at the same season and in the same place.

Epiphora. Involuntary flow of tears.

Expectorants. Medicines which increase the discharge of mucus from the lungs.

Gangrene. A mortification.

Gastritis. Inflammation of the stomach.

Hæmaturia. Bloody urine.

Hepatitis. Inflammation of the liver.

Hydrocephalus. Water in the head.

Lumbricus. From its slipperiness.

Mania. Raving or furious madness.

Melancholia. Melancholy madness.

Menorrhagia. An immoderate flow of the menses.

Miliaria. Miliary fever.

Narcotics. Medicines which ease pain and procure sleep.

Opisthotonos. A tonic spasm of the muscles, in which the body is drawn backward.

Paralysis. The palsy.

Paroxysm. A periodical exacerbation or fit of a disease.

Pertussis. The hooping cough.

Petechiæ. Flea bites.

Phrenitis. Inflammation of the brain or its membranes.

Phthisis. Pulmonary consumption.

Prognosis. The judgment of the event of a disease by particular signs or symptoms.

Quartan. A fourth day ague.

Quotidian. A daily ague.

Rachitis. The rickets.

Refrigerants. Medicines which allay the heat of the body or blood.

Scarlatina. The scarlet fever.

Scirrhus. An indolent hard tumor.

Scorbutus. Scurvy.

Scrofula. The king's evil.

Sedatives. Those medicines which diminish animal energy, without destroying life.

Stimulants. Medicines which rouse the animal energy.

Subsultus tendinum. An involuntary movement or leaping of the tendons.

Sincope. A fainting fit.

Synocha. Inflammatory fever.

Synochus. A mixed fever.

Tertian. A third day's ague.

Tonics. Medicines which increase the tone of the muscular fibre.

Typhus. A species of continued fever.

Vermicularis. Long and slender like a worm.

Volvulus. A twisting of the guts.

Vomica. An abscess of the lungs.

INTRODUCTION.

It often happens, particularly in the country, that it is impossible to obtain Medical advice and assistance in cases of sickness, at the time when they are most needed, which is when the symptoms of disease first present themselves: and again, in simple cases, Physicians are not needed, if the head of the family has that knowledge, which it is the object of this Book to convey.

The People's Doctor has been compiled for the purpose of furnishing Families with the means of promptly treating the common diseases to which all are liable, and particular pains have been taken to use plain and simple language in a brief and comprehensive manner. Almost every complaint will be found to be described, and the proper mode of treatment given. It will be observed, among the most attractive features of the work, that it notices, among others, slight matters, which often, by neglect, lead to serious diseases.

The author is aware that he is treating on a subject in which health, and even life itself, is concerned, and therefore has guarded against any recommendations which would be likely to do harm. He would, however, observe that the doses recommended are generally for an adult male. For a child, or a delicate female, or even for a very feeble male, the doses prescribed should be diminished. Thus, a child of twelve years should, in general, take only

half as much as a young man of twenty-one; a lad of six years, about half as much as one of twelve; one of three years, about half as much as one of six; one of one year, about half as much as one of three. Particular medicines, such as castor oil and calomel, are exceptions to the above rule—a larger proportion of these medicines being required for children.

Good judgment must be used in following any general directions for the Cure of Diseases, and in all cases that seem to require powerful medicines, or are alarming in their symptoms, medical advice should always be obtained at the earliest convenience.

The CHOLERA is a disease with which we are liable to be visited at any time, and at very short warning. It has taken its place among the prevailing pestilences of the world, and there is no reason to suppose that we shall be free from it for an age. Various modes of treatment are, therefore, given, all of which have been proved to be good, and to have succeeded; and it is next to suicidal for any family not to have at hand some plan to be resorted to in case of emergency.

It is believed, that, on examination, any unbiased mind will acknowledge the usefulness and importance of the work. It is, therefore, presented to the public with the hope and belief that it will be the means of alleviating suffering, and, if its contents are properly studied, will do much good.

Cincinnati, March 20, 1849.

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THE CHOLERA.

PART SECOND.

FACTS IN DOMESTIC MATTERS.

THE

PEOPLE'S MEDICAL BOOK.

A

ASTHMA, OR SPASMS OF THE LUNGS.

Tobacco, or skunk's cabbage, smoked in a pipe, are the most safe and simple remedies. The leaves and pods of Lobelia or Indian Tobacco, put in a quart bottle and covered with spirits, make a very beneficial tincture, which may be taken by the teaspoonful every three quarters of an hour till relieved.

ASCARIDES, OR SEAT WORMS.

Dissolve a tea-spoonful of table salt in half a tea-cupful of warm water, and inject it into the bowels—or dissolve a teaspoonful of aloes in two table-spoonfuls of brandy or vinegar, and take it in the morning and evening.

APOPLEXY,

Or falling down without sense in a total prostration. This is caused by a sudden rush of blood to the head, excessive heat, passion, heavy meals; about a pint of blood should be taken immediately, all tightness of the dress removed, the patient should be placed on a bed, with the head and shoulders raised, after which a dose of salts should be given: all severer treatment should be left to a physician.

ALUM AND CHILDREN VS. FIRE.

We commend the following to the attention of parents just now, when we scarcely open a paper but a melancholy statement of "a child burnt" attracts our observation:

"The danger and difficulty can be avoided very easily by the use of *alum*.

"When clothing is washed it should be rinsed out of alum water—the solution should be tolerably strong. If the clothing which has been newly washed should require starch, the alum may be put in starch water.

"Alum should be used on all occasions; it renders the clothing fire-proof. All clothing about a house or steamboat, made of cotton, should be impregnated with alum. For instance, bed and window curtains, &c. Such articles generally having much fringing about them.

"This hint, if attended to, will prove a perfect safety to clothing from fire."

AGUE.

When the fit is on, take a new laid egg, in a glass of brandy, and go to bed immediately.

This very simple recipe has cured a great many, after more celebrated preparations have proved unsuccessful.

B

BLEEDING, HOW TO DO IT.

If this operation is necessary, and a practical bleeder is not at hand, let the person who is to perform it tie a bandage around the arm about half way between the shoulder and elbow; this should never be so tightly drawn as to stop the pulsation at the wrist; the operator should select the most prominent vein at the bend of the arm, and observe that there is no pulsation near it, or he may strike an artery instead of a vein, and thereby endanger the life of the patient; after this, should he not have a lancet, he may open the vein with the point of any small, sharp instrument; when a sufficient quantity of blood is drawn, the bandage should be gradually loosened, the wound pinched together with the thumb and finger, a small piece of lint or linen placed over it, and secured by a bandage passed over and under the arm, drawn above and below the elbow in the figure of an eight, and pinned tightly over the wound.

BLEEDING FROM THE NOSE.

The patient's head and body should be kept up, inclining slightly backward, the dress kept open, iced water or vinegar applied to the back of the neck, and to the lower parts, and the head kept perfectly still—if the bleeding is very profuse let him draw a small portion of alum dissolved in water into the nostrils; if this should fail, the patient should be bled at the arm, and have a plug or roll of linen covered with powdered alum, or wet with a solution of alum and water, and gently introduced into the nostril.

BLEEDING AT THE LUNGS, OR SPITTING OF BLOOD.

Take a table-spoonful of table salt at intervals till relieved; if violent and obstinate, take about three grains of sugar of lead, with about two of opium; let the diet be as cold and light as possible, such as the broth of rice or barley, when it is perfectly cool, and if the bleeding continues consult a physician as speedily as possible.

BILIOUS FEVER.

The approach of this disease is indicated by a full, hard and quick pulse, hot skin, white tongue, sickness of the stomach, and pain in the head. The patient should be bled till the pulse is reduced, and take from ten to fifteen grains of calomel, followed by a Seidlitz powder: the bowels should still be kept open by salts and senna, and the patient take no other nourishment than rice or barley, and cold lemonade.

BRONCHITIS,

Or soreness in the lower part of the throat, and in the breast. Take a dose of senna and salts, apply a plaster of Burgundy pitch to the breast, and use light diet; rub the throat with a coarse cloth, and avoid exposure and heavy exercise of the lungs. If the Burgundy pitch is not at hand, the ordinary pitch, melted and spread on a piece of muslin or sheepskin, may answer.

Croton oil, it is said, will entirely remove this complaint. A minister who had been laid aside from his pastoral office by the bronchitis, for three years, has entirely recovered his voice by the application of croton oil to the surface of the throat, against the organ affected. One drop, daily rubbed over the surface, produced a singular, but powerful eruption of the skin, which, as it progressed, restored his voice to its full tone and vigor.

BOILS.

Take frequent purges of salts; a poultice of soap and sugar is frequently used, and is active in drawing the boil to a head; but this preparation is generally too severe; a mush poultice, or one of bread and milk is generally the best: to this, if the pain is severe, a little sweet oil and a tea-spoonful of laudanum may be added; if the boil does not break it should be opened with a lancet; it should then be healed by a plaster of *simple cerate*, a compound of bees-wax and lard.

BRUISES.

Bruises are too often neglected, from the fact that the extent of the injury is seldom visible. Soak a piece of bread in vinegar, then mash it into a poultice, add a few drops of laudanum, and apply it to the part: bruised wormwood and vinegar is also an effective application. Keep applying fresh poultices, and bathe the part with laudanum, sweet oil and vinegar.

BLOTCHES ON THE SKIN, PIMPLES, &C.

Take repeated doses of salts, or sulphur and cream of tartar; keep the person pure by frequent warm baths, avoid all stimulating drinks, poisonous drugs and powders for the face, and use a light diet; if all this should fail, use the syrup of Sarsaparilla.

BALDNESS,

If not from old age, may be cured by frequent shaving of the part, rubbing it repeatedly with a stiff brush, applying sweet oil, or beef's marrow, and wearing a cap over it made of beef's bladder.

BURN OR SCALD.

If on the hand, tie it up in a bag of flour; if on the face or neck, shake flour from a dredge, and continue to do so till all the heat is drawn out. By this method the fire may be extracted without breaking the skin, and the sore will be quite healed, and the skin drop off dry.

BREATH, HOW TO SWEETEN.

Take two ounces of terra japonica and half an ounce of sugar-candy, both in powder. Grind one drachm of the best ambergris with ten grains of pure musk, and dissolve a quarter of an ounce of clean gum tragacanth in two ounces of orange-flower water. Mix all together, so as to form a paste, which roll into pieces of the thickness of a straw. Cut these into pieces, and lay them in clean paper. This is an excellent perfume for those whose breath is in any way disagreeable.

BROWN'S MIXTURE.

Take three cents' worth of liquorice, two cents' worth of rock-candy, and three cents' worth of gum arabic, put them in a vessel, with a pint of water; simmer them till nearly dissolved, then add three cents' worth of paregoric, and a like quantity of antimonial wine. Let it cool, and sip whenever the cough is troublesome. It is pleasant and infallible.

C

CATARRH, OR COLD.

This is attended with a cough, copious discharges of mucus from the nose, hoarseness, and pain in the head. Take a purge of senna, manna, and salts; drink freely of flaxseed tea, slightly acidulated with lemon; and take about twenty drops of antimonial wine three times a day. If there is pain in the breast, the pitch plaster is very beneficial: a tea made of a tea-spoonful of cayenne pepper is also very good. If it is attended with much cough, make a mixture of an ounce of syrup squills, two drachms of antimonial wine, half an ounce of paregoric, with a half pint of water, and take two tea-spoonfuls every quarter of an hour till relieved.

CHOLIC.

A tea-spoonful of lavender, or essence of peppermint, with about twenty drops of laudanum. In ordinary cases, if severe, apply a mustard plaster over the lower part of the bowels or abdomen. Keep it on till the skin is perfectly red, and take a dose of castor oil, with about fifteen drops of laudanum in it.

CRAMP IN THE STOMACH.

A sharp, violent darting and drawing pain in the stomach. Apply hot bricks to the stomach and soles of the feet, and give a tea-spoonful of ether, with from thirty to sixty drops of laudanum, or paregoric.

CROUP.

Give an emetic instantly, antimonial wine, from ten to fifteen drops, according to the age of the child; or five grains of ipecacuanha, and put the infant in a warm bath—about eight or ten drops of syrup of squills, or five of Coxe's hive syrup may be given, till vomiting takes place. If the throat is much swollen, a few leeches may be applied; but at this stage, a physician should be consulted, if possible.

CHOLERA, CURE FOR.

Drink plentifully of rice water, made very strong, with much sugar, and a little laudanum in it. The effect is quick and certain. Out of one hundred and forty of the crew of the French frigate Arethusa, afflicted with Cholera, by taking the above, all but one recovered.

CHOLERA MORBUS.

Apply hot bricks or bottles filled with hot water to the feet, lay flannel cloths soaked in brandy or spirits of hartshorn over

the stomach, take large draughts of rice or barley water, or camomile tea, and from thirty to seventy drops of laudanum or paregoric in peppermint. After the attack is completely subdued, a small dose of castor oil with about ten drops of laudanum should be taken.

COSTIVENESS, OR TIGHTNESS OF THE BOWELS.

Take light animal food, such as mutton, &c., eat mush and molasses once a day, take regular and moderate exercise, chew a small piece of rhubarb daily, and make an effort once a day to evacuate.

CHILBLAINS, OR FROST BITTEN.

Soak the parts frequently in a solution of chloride of lime, and apply chicken fat or pig's foot oil to them.

CANCER.

This is a small, hard, veiny tumor, attended with sharp burning pains. To avoid the necessity of the surgeon's knife, it demands careful attention at its earliest stage. Bathe the part with a solution of the best brandy and common salt, apply mush poultice twice or thrice a day; or on the first appearance of the tumor, touch it slightly with lunar caustic two or three times a day. A wash of strong lye made from hickory ashes has been found efficacious. Keep the surface covered from the cold air, use very light diet, and relieve the pain by laudanum or paregoric in large doses.

Colonel Ussey, of the Parish of De Soto, informs the editor of the Caddo Gazette, that he has fully tested a remedy for this very troublesome disease, recommended to him by a Spanish woman, a native of the country. The remedy is this: Take an egg and break it, then pour out the white, retaining the yolk in the shell; put in salt, and mix with the yolk as long as it will receive it; stir them together until a salve is formed; put a portion of this on a sticking plaster, and apply it to the cancer about twice a day. He has made the experiment in two instances in his own family with complete success.

COUGH, TO PREVENT COMING ON.

According to a writer in Le Gazette Medicale, a person's cough may be stopped by rubbing pretty smartly with the point of the finger the edge of the lips, the eye-lids, or the tip of the nose, when the first desire to cough is felt.

COUGHING, TO STOP A FIT OF.

A correspondent of the London Medical Gazette states, that to close the nostrils with the thumb and finger during expiration, leaving them free during inspiration, will relieve a fit of coughing in a short time.

COUGH, DRAUGHT FOR A.

Beat a fresh laid egg, and mix it with a quarter of a pint of new milk warmed, a large spoonful of capillaire, the same of rose-water, and a little nutmeg scraped. Do not warm it after the egg is put in. Take it the first and last thing.

CORNS, TO ERADICATE.

Every one knows that the surface of the body is covered, above the true skin, by the cuticle, or scarf skin. This is a thin membrane, save when it is exposed to pressure and rubbing (friction). In this case it becomes much thickened and hardened, as on the soles of the feet and on the palms of the hands. And it is not unworthy of remark, that the induration is in direct proportion to the exigency of nature; but there is a morbid induration when the pressure exceeds, or is applied where it is not necessary. In this case, the distinguished name of corns has been applied to the diseased parts.

Every one who has seen a poultice applied, may remark, that it has the effect of softening—generally of detaching the cuticle. Now, let a poultice, of such size and consistency as will preserve its moisture around the part, be applied to the offending corn at bed time. On the following morning the greater part of the indurated cuticle (the corn) may be removed by the fingers. A little spermaceti ointment may be used during the following day, or the part may be entirely neglected. It may, in some cases, be necessary to repeat this process once or twice, and the cure will be safe, easy, and certain.

CHAPPED HANDS.

After washing, drop a few drops of honey, and rub the hands together till the stickiness is entirely removed.

CHAPPED OR SORE LIPS

May be healed by the frequent application of honey-water, and protecting them from the influence of cold air.

COMPLEXION, TO IMPROVE THE.

Take bitter almonds whitened, one part; rose-water, sixteen parts; mix and strain, then add five grains of biehloride of mercury to every eight-ounce vial of the mixture, and scent with rose or violet, to suit the fancy.

CONSUMPTION, A CURE FOR.

Mr. Adam Mott gives the following statement in the Maine Farmer:

"A friend of mine, who resides in Industry, in this State, told me that his wife was sick of what the doctors call Consumption. She was visited by five physicians, who gave her over. She was very sick—was unable to sit up—had a very severe cough—and grew no better, 'but rather worse.' She failed very fast. She recollected that she had before received benefit from the use of St. John's wort. Her husband procured some of it. It was steeped, and she made it her constant drink. For four or five days there appeared to be but little alteration; but after this she grew better very fast. Her health was so much improved, that, in the course of six or eight weeks, she was able to resume her customary occupation—she commenced weaving, and wove about forty yards of cloth. During this time, she made constant use of St. John's wort tea. What has been done may again be done. It helped her—it may help others.

"The tea may be made as you would make peppermint, or any herb tea to drink—by merely steeping the herb in water. The herb may be gathered any time after it is large enough; but the best time for gathering it is in the seventh month. A supply may then doubtless be found in almost every hay mow where there is any hay. I much approve of this simple remedy."

CHARCOAL, TO PREVENT THE ILL EFFECTS OF.

Set an uncovered vessel filled with boiling water over the pan containing the charcoal, the vapor of which will counteract the deleterious fumes, and, while it keeps boiling, will make the charcoal as safe as any other fuel.

CUTS.

All that is necessary to be done for trifling cuts, is to wash the blood out clean with cold water, and bring the edges of the wound together as closely as possible, and apply some straps of adhesive plaster. Shoemaker's wax spread upon strips of rags will make very good ones. Bleeding may usually be stopped by pressure; but if not, apply a cobweb, or puff-ball.

CONSUMPTION.

The tubercular consumption, which is by far the most common kind, may be divided into three stages or periods. In the *first* stage, the disease is slowly developed, ordinarily without being noticed. In this period, it is very important to recognize it, but the physician is not often consulted so early. The first symptoms are a short dry cough, the breathings being more easily hurried by bodily motion—the patient becoming languid, indolent, dyspeptic, and gradually loses strength. At length, from some fresh exciting cause, the cough becomes more considerable, and is particularly troublesome during the night; breathing is more anxious; sense of straitness and oppression across the chest is experienced; an expectoration takes place, at first of frothy mucus, which afterward becomes copious, viscid, and opaque. These symptoms may be gradually progressing for months. The emaciation and weakness go on increasing. A pain arises in some part of the breast, at first unsettled, but afterward fixed in one or both sides; it is increased by coughing, and sometimes becomes so acute as to prevent the patient lying upon the affected side.

The disease now passes to a *second* period, in which it is easily recognized. Purulent matter, resembling that made by a common ulcer, is coughed up. To distinguish whether it be such, or only mucus, mix some that is raised in the morning, in salt water: if mucus, or common phlegm, it swims and holds together; if pus, it sinks, and, on stirring, separates into particles. Purulent matter is also opaque, has a greenish color, and is sweet to the patient's taste. Hectic fever takes place, known by a flushing of the face, by a hard, quick, and frequent pulse, beating more than one hundred in a minute, and by high colored urine. The hectic has an exacerbation or increase twice in the day: the first time about noon, which is inconsiderable, and soon suffers a remission; the other in the evening, which gradually increases until after midnight. Each of these fever fits is preceded by chills, and terminates in profuse perspiration. In the morning, the patient is better, and thinks himself well. The cough and difficult breathing now go on increasing, and oftentimes there is a hoarseness or shrillness of the voice. After this stage is well established, by the appearance of the above symptoms, the patient may die in six or eight weeks. He is, however, able to get about, and when the expectoration of pus is first established, the appetite, that was lost in the first stage of the complaint, returns. During the fever fits, a circumscribed red-

ness appears on each cheek; but, at other times, the face is pale and countenance dejected.

The *third* period is that of general exhaustion. The countenance is peculiar, and easily recognized by all. The cough becomes more hard and difficult, especially in the morning, when it often produces vomiting; emaciation is extreme; diarrhœa comes on, and generally alternates with melting sweats; the legs swell, and little ulcers appear in the throat. Still the appetite often remains entire, and the patient flatters himself with hopes of speedy recovery, and is forming plans of interest or amusement, when death puts a period to his existence.

Spitting of blood sometimes induces the disease, or is the first symptom noticed. In other cases, it occurs in the course of the disease, and sometimes terminates it.

Particular constitutions are more liable to consumption, as where an hereditary predisposition exists, or particular formation of body, marked by long neck, prominent shoulders, and narrow chest. The remote causes are, constitutional irritability of the lungs; sedentary life; a scrofulous habit, indicated by a clear skin, fair hair, delicate, rosy complexion, large veins, thick upper lip, weak voice, and great sensibility. The more immediate or exciting causes are, preceding disease—as spitting of blood, pneumonia, catarrh, scrofula, venereal disease, fistula, violent and depressing passions of the mind, intemperance, profuse evacuations (as diarrhœa), or a large ulcer.

The cure should be accomplished early in the disease, and before the hectic fever commences, or pus is expectorated. The treatment during this period should be regulated by the cause: if it be catarrh, pneumonia, spitting of blood, &c., attend to the directions given for the cure of those diseases.

The following are among the most approved remedies in the early stage of consumption:

1. Small bleedings, repeated when symptoms of inflammation run high.

2. A nourishing, easily digested, unstimulating diet—as milk, animal jellies, &c. The patient can best determine by his own experience what kind will be most agreeable and beneficial.

3. Mild laxatives, whenever there is the least tendency to costiveness.

4. Blisters on the chest, to counteract the inflammation of the lungs. They should be large, and kept constantly running.

5. Emetics every second or third day. The least debilitating is sulphate of copper or blue vitriol, in a dose of eight grains, dissolved in a gill of water. A vomiting is excited as soon as it

is swallowed, on which, the patient should drink a pint of warm tea.

6. Expectorants—the best are such as nauseate and produce gentle perspiration, as squills, ipecac, antimony, &c., to the use of which should be subjoined mucilaginous drinks, as flaxseed-tea, barley-water, decoction of mallows, &c.

7. Anodynes, particularly opium. This may be given in combination with the expectorants, as in Pectoral Mixture and Dover's Powders—the former in a dose of a table-spoonful, and of the latter fifteen grains, on going to bed.

8. Exercise, especially on horseback. Long journeys are most serviceable.

9. Flannel worn next to the skin.

10. A sea voyage. Were I to speak of the effects of a sea voyage, from my own observation, I should say it is very beneficial while the vessel is at sea, partly from the uniform temperature of the air, but more from the motion of the vessel.

Change of residence to a warm climate is often recommended. In two or three years' Mediterranean service, however, nothing occurred within my observation, to favor the opinion, that the climate of the sea would be beneficial: on the contrary, among our sailors, consumptions were more frequent there than I have ever known them to be in other climates.

In the frigate United States there were eighteen deaths in one year, twelve in the Guerriere, and eleven in the Constellation. And what is still more in point, every case I met with, in ships or on shore, was far more rapid in its progress, than I have ever known consumption to be in New England.

Several other remedies have acquired great celebrity, in every stage of consumption—as digitalis, the fumes of pitch inhaled, and a new medicine called hydrocyanic acid. The first and last of these are, in certain cases, worthy of a trial; but, as it would be difficult, in a book like this, to make intelligible those particular cases, and all those circumstances to be regarded in the use of said remedies, I must recommend to the patient to consult a physician before he makes a trial of them.

If spitting of blood from the lungs occurs at an early period, there is with it a tendency to inflammation. This must be prevented by measures of the most active kind. If the constitution does not positively forbid it, general bleeding should be employed, especially if the pulse be quick, although the patient may be feeble, since the weakness induced by spitting blood is not occasioned by the quantity that is lost. Blistering should then be employed. The patient should be confined to a mild

diet and quietude, and should avoid speaking, coughing, &c. The bowels are to be moved with cooling laxatives, as Glauber's or Epsom salts, and the patient kept in a uniform temperature, of from sixty to sixty-five degrees, and take half a grain of opium in the evening. After the above evacuations have been made, astringents and refrigerants will be proper; and when spitting of blood occurs in the latter stages of consumption, these are principally to be relied on. The astringents are elixir vitriol and alum—the former in doses of twenty-five drops in a gill of water, every three hours; the latter in doses of six grains. As a refrigerant, common salt is a very effectual remedy, and should be given when spitting of blood has commenced, in doses of two or three tea-spoonfuls.

In the latter stages of consumption, nothing more can be done than to palliate distressing symptoms. For the cough, take Pectoral Mixture and opium pills.

D

DYSENTERY, OR FLUX.

This is distinguished from diarrhœa, or common looseness of the bowels, by its being attended with a griping, bloody stools, and fever and thirst. The writer of this has known a moderate quantity of fresh, ripe blackberries to effect a cure of this complaint in several instances. Blackberry syrup is often successful. Castor oil, with about twenty drops of laudanum, is generally used, either in doses or glysters, followed by about twenty drops of laudanum. If very obstinate, apply a mustard plaster over the bowels, and take a table-spoonful of the following mixture every hour and a half: One drachm of the tincture of Kino, three and a half ounces of chalk mixture, two ounces and a half of cinnamon water, and about thirty drops of laudanum. The drink should be weakened with port wine of the best quality, and the diet consist of chicken water, rice water, or arrow root gruel.

As all classes of citizens are liable to be afflicted with dysentery, diarrhœa, &c. (says the Farmers' Gazette), we deem it our duty to make public the following simple and efficacious remedy, which has been known to us for several years, and which we have repeatedly used with complete success: It is simply to take a tumbler of cold water, thicken it with wheat flour to about the consistency of thick cream, and drink it. This is to be repeated

several times in the course of the day, or as often as you are thirsty; and it is not very likely you will need to try it on the second day. We have not only used it in our case, but we have recommended it to our friends in many instances, and we never knew it to fail of effecting a speedy cure, even in the worst stages of dysentery. It is a simple remedy, and costs nothing.

DIARRHŒA, LAX, OR LOOSENESS OF THE BOWELS.

This is most frequently brought on by the eating of too much vegetable food, green fruit, &c., or a cold. It is not unfrequently an effort of nature to carry off some offensive matter, and should not be checked too suddenly. If occasioned by bad fruit, &c., take a dose of magnesia, and drink freely of boneset tea. If from cold, take a dose of castor oil, with about twenty or twenty-five drops of laudanum, bathe the feet in warm water, drink the tea, as above, and promote perspiration. If obstinate, pursue the same treatment as in similar stages of dysentery, using the same drinks and diet. Wear woolen stockings and flannel.

It may be useful to know the value of burnt rhubarb in Diarrhœa. It has been used with the same pleasing effects for more than twenty years. After one or two doses, the pains quickly subside, and the bowels return to their natural state. The manner of preparing it, is to burn rhubarb powder in an iron pot, stirring it until it blackens; then smother it in a covered jar. It looses two-thirds of its weight by incineration. It is nearly tasteless. In no case has it failed where given. It may be given in port wine, milk and water.

DROPSY OF THE BELLY.

This may be known by a swelling or enlargement of the belly, a watery rattling when touched, and hardly and scanty urine. It is a most obstinate disease to cure, except in the early stage and the early part of life. Steaming and warm baths, such as promote free perspiration, are beneficial It has been frequently cured by taking five grains of calomel with two of gamboge, every two days. An ounce and a half of cream of tartar, taken in a little water, daily, has been found a valuable remedy. Wear thick flannel, drink no more fluids than are absolutely necessary, and use light and digestible animal food, avoiding salted meats, &c., all such as create a thirst.

DROPSY OF THE CHEST.

This disease manifests itself by oppression on the breast, short and difficult breathing, cough, palpitation of the heart, and ina-

bility to lie down in the ordinary posture, accompanied with a sense of suffocation. This, like the above, is very difficult to cure. Frequent emetics of about twenty grains of ipecacuanha, with one of antimony, or about twenty drops of spirits of turpentine, twice a day, to promote the flow of urine—in general, the same treatment and diet as in dropsy in the belly, is pursued.

DROPSY AT THE KNEE.

A swollen and baggy appearance of the flesh about the knee. Apply the steam of vinegar, chamomile, or fly blister.

DYSPEPSIA, OR INDIGESTION.

Want of appetite, flatulence or belching of wind, pain and sickness of the stomach, vomiting, disconsolate state of mind, disturbed sleep, debility, frightful dreams, &c. There have been as many remedies recommended for this disease, as there are symptoms of its existence; but the following are known as the most effective: Early rising, and moderate exercise in the pure open air, singing, reading, or speaking aloud. Boiled mutton, or chicken and bran bread should be the principal diet, and a very small portion of this at a time. Port wine may be moderately taken. Take a Seidlitz Powder about twice a week; chew a small portion of rhubarb daily—spiced rhubarb is also good—avoid tobacco and ardent spirits; dress warm; and make an effort every day to evacuate the bowels, and a natural desire will generally follow.

DEAF, MR. YEARSLEY'S ADVICE FOR THE.

1. Never syringe your ear, nor allow it to be done by others, unless for the removal of an accumulation of wax.

2. Be sure that such accumulation forms an obstacle to the transmission of sound, otherwise it had better remain where it is, for it should always be borne in mind that wax is a natural secretion placed in the passage of the ear, for a specific purpose. Its presence, in a moderate quantity, indicates a healthy condition of the outer passage of the ear. Its absence is the effect, and not, as is generally supposed, the cause of the disease which produces the deafness. Like deafness, want of wax is only a symptom of ear disease: hence the absurdity of attempting its restoration by stimulating drops and ointments.

3. Never pick the ears.

4. Never wet the hair, nor wash the head with cold water. A most pernicious practice!

5. Never bathe, nor use a shower bath, without carefully protecting the head and ears. Even then, I question its propriety.

6. Never attempt to stop a discharge from the ears, but under proper advice; for it may be that the drum of your ear may be open, and then the employment of a stimulating or astringent injection will risk even fatal consequences.

7. Never apply, or suffer to be applied, anything to the outer passages of the ear, which causes heat or pain. Such applications may prove of temporary benefit; but when the stimulus has subsided, you will be left worse than before.

8. Be strict in diet. Stomach derangements are a most prolific source of deafness.

9. Never expose yourself to wet or windy weather.

10. Never consult an aurist who is not an educated and diplomatized surgeon, who does not admit that deafness is an infirmity often difficult of removal, and very often incurable.

It is said, that mixing sulphuric ether and ammonia, and allowing it to stand fourteen days, a solution is formed, which, if properly applied to the internal ear, will remove, in almost every case, this hitherto considered incurable affection.

DENTIFRICE, APPROVED.

A distinguished Chemist recommends the following compound, as a safe and excellent dentifrice, viz.: of white sugar and powdered charcoal, each one ounce; of Peruvian bark, half an ounce; of cream of tartar, one drachm and a half; and of canella, twenty-four grains—well rubbed together into an impalpable powder. He describes it as strengthening to the gums and cleansing to the teeth, and as destroying the disagreeable odor in the breath, which so often arises from decaying teeth. As a preventive of tooth-ache, we have heard washing the mouth and teeth twice a day with salt and water strongly recommended by gentlemen who have experienced much benefit from it.

DRUNKENNESS, RUSSIAN METHOD OF CURING.

The following singular means of curing habitual drunkenness is employed by a Russian physician, Dr. Schreiber, of Brzese-Litewski. It consists in confining the drunkard in a room, and furnishing him, at discretion, with brandy diluted with two-thirds of water, as much wine, beer, and coffee as he desires, but containing one-third of brandy. All the food—the bread, meat, &c., are steeped in brandy and water. The poor wight is continually drunk and *dort*. On the fifth day of this regimen, he

has an extreme disgust for brandy. He earnestly requests other diet, but his desires must not be yielded to, until the poor wretch no longer desires to eat or drink. He is then certainly cured of his *penchant* for drunkenness. He acquires such a disgust for brandy, that he is ready to vomit at the sight of it.

E

ERYSIPELAS, OR ST. ANTHONY'S FIRE.

An itching and burning of the face, ears, &c., followed by a redness of the skin, which finally breaks out in watery pimples, which extend sometimes entirely over the body. The system must be reduced by salts and other cooling purgatives. Take from six to ten grains of calomel in the same amount of jalap. The elixir of vitriol is frequently beneficial. This should be accompanied with the use of Dover's powders, chamomile and boneset tea, and external applications, as powdering the body over with scorched rye meal, sugar of lead, water, &c. The following preparation, as a cooling mixture, is of great value in affections of this nature: One ounce and a half of Glauber salts, twelve grains of nitre, three grains of tartar emetic in one pint of water. Take from one to three table-spoonfuls every two hours. The food should be light, such as barley, tapioca, panado, &c., and the person kept as clean as possible.

EAR ACHE.

This is generally caused by a severe cold in the head, by keeping the head too long under the water in bathing, or by exposure to a current of cold and damp air. Syringe the ear with warm water, and fill it with a mixture of laudanum and sweet oil, and cover the part with flannel. When this does not afford relief or a cure, apply a blister immediately back of the ear, and steam the ear with hot water or vinegar, by means of a jug or bottle, and cool the system by a dose of salts. If matter forms in the ear, apply poultices, keeping the parts washed clean by castile soap and warm water.

Oil of sweet almonds, two drachms, and oil of amber, four drops. Apply four drops of this mixture, when in pain, to the part affected.

EPILEPSY, OR FITS.

The patient is suddenly thrown down in violent convulsions, clenching the hands, grinding the teeth, distorting the limbs

and the whole body. The first effort should be to protect the patient from bruises or other injury, during the paroxysms. After these have subsided, place the body on a bed, with the head and shoulders elevated. If there is a quick and strong throbbing at the temple, take about twelve ounces of blood. In cases where the fit is felt creeping on, with a chilly sensation, about one of the limbs, wind a string around it, and let the patient draw it tight when the cold feeling comes on, by twisting a stick, which should be worn about the person, attached to the string. Persons subject to this affection, should carefully guard against passion, great excitement, and intemperance, and get bled whenever they feel much fullness in the blood vessels. A one-grain pill of the oxide of zinc taken twice a day, and continued in for a long period, increasing the doses until four or five pills are taken daily, has frequently effected a cure.

Take the roots of comfrey, sassafras, burdock, elecampane, and horse radish, of each a large handful, and the tops and buds of hoarhound and raspberry, each one handful. Put these ingredients into a new earthern pot, which holds two gallons; fill it with soft water; let it simmer over hot ashes for eight hours; strain the decoction; and put it in bottles for use. Dose for an adult, a gill, four times a day for a week, before both the full and change of the moon. This preparation has been tried, and proved effectual when all other means have failed.

EYES, INFLAMMATION OF.

There are two descriptions of this—a disease of the eye ball, and of the eye lid. The inflammation of the eye ball begins with an itching and burning, and a feeling as if sand or dust had been thrown in them. The white turns red, or *blood shot*. In all severe cases, if leeches can be obtained, apply three or four near the eye every morning, till the inflammation subsides. This treatment should be accompanied by the following purgative every fourth day. Ten grains of calomel, with twenty grains of jalap, or an ounce of salts. For the heat of the eye, apply frequently a soft linen rag, dipped at first in warm water, afterward in cold water. If the inflammation continues, dissolve four grains of white vitriol with the same quantity of sugar of lead, in four ounces of pure water, or six ounces of rose water. If the pain and itching be great, add about two drachms of laudanum to the mixture, and bathe the eyes. Abstain from all gross and stimulating food and drinks. Keep the eye slightly covered, or remain in a dark room. If this fails, blisters be-

hind the ears should follow. In milder cases of opthalmia, a moderate purgative is sufficient, using the rose water, or the above mentioned washes. If particles of dirt, gravel, or other matter, fly into the eyes, they may be removed by wrapping a piece of wire with lint, and brushing under the lids, or injections of warm milk. Ulcers at the root of the eye lashes should be touched with citron ointment or with alum water, by means of a hair pencil.

EYE, TO CURE A BRUISE IN.

Take conserve of red roses, and also a rotten apple, put them in a fold of thin cambric, apply it to the eye, and it will draw the bruise out.

EGGS AS A REMEDY.

The white of an egg is said to be a specific for fish bones sticking in the throat. It is to be swallowed raw, and will carry down a bone very easily and certainly. There is another fact touching eggs, which it will do very well to remember. When, as sometimes by accident, corrosive sublimate is swallowed, the white of one or two eggs, taken immediately, will neutralize the poison, and change the effect to that of a dose of calomel.

F

FEVER AND AGUE.

The character and symptoms of this disease are too well known to require description. The first step at a cure, is to empty the stomach and bowels. An emetic, consisting of twenty grains of ipecac, with one of tartar emetic, should be given immediately, with large draughts of warm water, or chamomile tea; and to insure the operation on the bowels, take about three grains of calomel. After this, soak the feet in warm water, take about from forty to sixty drops of laudanum, a large draught of chamomile tea, get into bed and cover yourself up with blankets. This treatment usually breaks the disease. If the inflammatory symptoms continue, blood may be taken, saline purgatives given, and the sulphate of quinia administered, or the great remedy, *Peruvian Bark*, in about two drachms every three hours; if the stomach will not bear this quantity, give half of it at a time, and in half the time. In the cold stages, or chills, use warm drinks, apply bottles filled with hot water to the soles of the feet, and make use of every means to bring on perspiration. During the fever stage, spirits of nitre may be given in doses of

a tea-spoonful, twice or three times a day. After the disease is broken, use a nourishing diet, such as mutton and chicken soup—eat moderately of the meat, and drink moderately of wines and tonic bitters.

FISTULA.

An ulcer or abscess in the fundament. It is marked by tumors, which give much pain, particularly on going to stool, at which time a yellowish matter is discharged. This fact will distinguish it from piles. Use a light diet, such as mush, rice, and small doses of castor oil. Apply about fifty leeches to the part, and a bread and milk poultice. If this does not break the tumor, and remove all obstruction, an operation must be performed.

FEVER, YELLOW.

Commences with brief chills and flushes of heat, succeeded by a violent head ache, pains in the back, weakness, prostration, sickness, and distressing feeling at the stomach. The eyes soon acquire a yellowish hue, which gradually spreads over the entire face. Its first appearance on the skin is under the ears. The great distinguishing and alarming symptom is a constant vomiting, which, at the third or fourth day, terminates in what is called the *black vomit*. During the spontaneous vomiting, which occurs in the early stage, the patient should drink freely of chamomile tea, then administer a cathartic—the most effectual of which is about twenty grains of calomel, which can be taken in any syrup, or mixed with crumbs of bread. If the patient is young and of free habit, and has a hard, tremulous pulse, Dr. Rush recommends taking a small quantity of blood in the first twenty-four hours. Cold water, applied externally, is a powerful remedy, and very frequently arrests the disease at its commencement. It may be dashed over the patient from a bucket, if his skin be hot, or cold application may be applied by a sponge or towel, to parts where the skin is particularly heated. Peruvian bark has been found very efficacious, if it can be kept on the stomach, which may be quieted by the Seidlitz Powder, or the following effervescing mixture, which is highly recommended, and may be given every two hours, adding ten drops of laudanum to each dose: Dissolve a half tea-spoonful of salts of tartar in two table-spooonfuls of lemon juice, and drink it in its foaming or effervescing state. If this should fail to allay the vomiting, apply a blister to the stomach immediately. The bark should be given to the patient in the following form: Take one ounce of powdered Peruvian bark, put it into a tin pot, pour a

pint and a half of water on it, and let it boil for ten minutes. Give, if the stomach will bear it, a table-spoonful with three drops of peppermint, every half hour; should the stomach retain this, the quantity may be increased with ten drops of elixir of vitriol added to it; if the stomach rejects bark in every form, it should be given in glysters of a half pint every two hours; if this succeeds, throw the patient into a perspiration, if possible. A powder, consisting of one grain of calomel, camphor, and opium, will very often produce this effect, and give relief to the patient. To take inflammation from the vital parts, apply plasters to the legs, and poultices to the soles of the feet—drink lemonade, toast water, or orange juice, and eat only of gruel, sago, or panado.

FEVER, TYPHUS.

It cannot be too widely known, that nitrous acid gas possesses the property of destroying the contagion of the typhus fever, and certainly preventing its spread. By the following simple method, the gas may be procured at a trifling expense: Place a little saltpeter in a saucer, and pour on it as much oil of vitriol as will just cover it. A copious discharge of acid gas will instantly take place, the quantity of which may be regulated by lessening or increasing the quantity of the ingredients.

FEVER, SCARLET, A REMEDY FOR.

A respectable citizen, who has seen the remedy alluded to tried with success, has requested us to publish the following recipe for the cure of Scarlet Fever. *Administer Yeast.*—To an adult give two table-spoonfuls, and to a child of two or three years of age, one spoonful, to be taken once in two hours; by gargling the throat with yeast, when it is sore, immediate relief is afforded.

Bathe the patient with lye water with a sponge all over, and it will have the most salutary effect.

FOUL ROOMS, TO FUMIGATE.

To one table-spoonful of common salt and a little powdered manganese in a glass cup, add, at three or four different times, a quarter of a wine glass of vitriolic acid. At every addition of the acid, the vapor will come in contact with the malignant miasmata, and destroy them.

A room may be purified from offensive smells of any kind by a few spoonfuls of chloride of lime dissolved in water. A good

sized saucer, or some similar vessel, is large enough for all common purposes. The article is cheap, and is invaluable in the apartment of an invalid.

FACE ACHE.

This common affection, so often supposed to be excited by a diseased tooth, although the latter fails to be detected—a rheumatic, chronic kind of pain, wholly different from that of tic-douloureux, is often speedily curable by muriate of ammonia. This salt should be given in doses of twenty grains dissolved in water, three or four times daily. About four doses will be sufficient to test the potency of the remedy. At other times the oxide of potassium, in five or six grain doses, is quickly effective toward a cure. The efficiency of the latter remedy renders it probable that the affection is of the nature of periosteal inflammation.

FELON, EFFECTUAL CURE FOR.

Bathe the part affected in ashes and water: take the yolk of an egg, six drops of the spirits of turpentine, a few beet leaves cut fine, a small quantity of hard soap; add one tea-spoonful of burnt salt, and one of Indian meal. It never fails to effect a cure, if applied in season.

FRECKLES ON THE FACE.

To disperse freckles, take two ounces of lemon juice, half a drachm of powdered borax, and one drachm of sugar, mix them and let them stand a few days in a glass bottle, till the liquor is fit for use; then rub it on the hands and face occasionally.

FROST BITES.

Spirits of turpentine, applied at once, is a cure for frost bites.

G

GOUT.

A stiffness of the small joints, accompanied by a painful swelling of the parts, which have a red or purple hue; it is generally caused by excessive indulgence in rich or highly seasoned food, and insufficient exercise. Bleed occasionally in the first stages; take as much exercise as possible in pure air; drink pure water, and eat no gross food; let boiled lamb be the chief diet; keep the body open with light purgatives. If the com-

plaint flies into the head or stomach, put mustard poultices to the feet and legs, bleed freely, and give active purges, such as salts and calomel.

GRAVEL.

This is known by a heavy, bearing down pain, in the small of the back, urine scanty and highly colored, sometimes tinged with blood; nausea, or sickness at the stomach; it is generally caused by any immoderate exercise of the parts, such as riding, jumping, &c., by gravel in the kidneys, cold, dissipation, &c. Bleed from the arm according to the violence of the symptoms; oily cathartics, such as castor oil, sweet oil, &c.; put the patient in a warm bath—give about twenty-two grains of the uva ursi, with fifty or sixty drops of laudanum three times a day; give large draughts of flax-seed tea; if the pain is very great, give a tea-spoonful of laudanum in a glyster; the patient's back should be bathed with flannels dipped in hot water. Persons liable to this disease should avoid malt liquors, soused, pickled, or acidulated food.

H

HEMORRHOIDS, OR PILES,

Are painful swellings at the lower extremity of the intestine, or fundament, either internal or external. The internal are most painful, especially while at stool. When external, they vary much in size, being sometimes as large as a nutmeg. Frequently they break and discharge blood, which relieves the pain: the swelling, however, does not then entirely disappear, and soon increases again to its former size. This complaint may proceed from habitual costiveness, plethora, hard riding on horseback, strong aloetic purges, or sitting on damp ground. As costiveness is the most frequent cause of piles, this must be obviated by mild laxatives, and none appears to be more efficacious than the use of the flowers of sulphur combined with an equal quantity of cream of tartar, mixed in molasses, in a dose of a table-spoonful every evening. Another excellent internal remedy is Balsam of Copaiva twelve drops, given twice in twenty-four hours, dropped on sugar or in a glass of water. Aloetic purgatives should be avoided.

As an application to the tumors, various ointments and washes are recommended, among which are the following: Sulphur and hog's lard, equal parts, well mixed; nut-galls and hog's lard, equal parts; mercurial ointment, or fresh butter; also, tar water,

alum water, decoction of oak or Peruvian bark, lead water. A favorite application with many sailors is wet oakum. If the piles continue after the above treatment, and are very painful, apply leeches to the part; or, if they are not to be had, make a small puncture in the tumors with a lancet, and after discharging their contents, apply warm poultices to the part.

When the bleeding piles return periodically, once in three or four weeks, the discharge may be considered salutary, and should not therefore be stopped, unless it becomes so excessive as to weaken the patient, in which case the decoction of bark may be taken in doses of three table-spoonfuls every two hours, adding to each twenty drops of elixir vitriol. Alum or lead water, added to a decoction of oak or Peruvian bark, is to be applied to the part, and injected in small quantity into the intestine, by means of a small syringe. In some instances a falling down of the intestine will be a troublesome attendant on the piles, in which case the intestine must be immediately replaced after every evacuation, by pressing gently upon the part with the fingers until it is reduced; and its return must be prevented by astringent applications, as alum dissolved in vinegar, decoction of bark, &c. All the known causes, particularly costiveness, both during the disease and afterward, must be studiously avoided.

HAIR.

An excellent way of improving the hair: Once in three days take some rich unskimmed milk that has been turned sour by setting in the sun. Stir it up, to mix through it the cream that has collected on the surface. Wash the hair with it, rubbing it well into the roots. Let it remain on about a quarter of an hour; then wash it off with white soap and warm water; rinsing it afterward with fresh water either warm or cold, according to the season. This is an Asiatic process; and if continued every third day, never fails to render the hair thick, soft and glossy.

To increase the growth of hair, and prevent baldness, take 4 ounces of castor oil, 8 ounces of good Jamaica rum, 30 drops oil of lavender, or 10 drops of oil of rose; annoint occasionally the head, shaking well the bottle previously.

Hartshorn, beat small, and mixed with oil, being rubbed upon the head of persons who have lost their hair, will cause it to grow again as at first.

To prevent the hair falling off, wash the head once a day with good old Jamaica rum.

Mix equal parts of olive oil and spirits of rosemary, and add a few drops of the oil of nutmeg. If the hair be rubbed every night with a little of this liniment, and the proportion be very gradually augmented, it will answer every purpose of increasing the growth of the hair, much more effectually than can be attained by any of the boasting empirical preparations which are imposed on the credulous purchaser.

HEAD ACHE.

The symptoms are too well known: the most common causes are foul stomach, indigestion, a bilious state of the system, intemperance, and a determination of blood to the head. Where a head ache is symptomatic of some other disease, it will readily cease on the removal thereof, as in the case of fever. When foul stomach or the presence of indigestible substances is apprehended, take a gentle emetic, and if costiveness exist, remove it by some mild laxative. If too great a determination of blood to the head be suspected, bleed and subsist on a low diet; or soak the feet in hot water, containing a quart of wood ashes. If the head ache be rheumatic, apply blisters to the extremities, or to the back of the neck, and move the bowels by the common aloetic pills. In case of slight head ache, it may be sufficient to bathe the feet in warm water, and wet the head with ether or spirit.

It is said that three or four drops of nitric acid, dissolved in cold water and drank, is a sure remedy for sick head ache when it arises from a want of acid in the stomach.

HEART BURN.

The symptoms are well known: it is generally caused by indigestion, or acid upon the stomach. Take a dose of magnesia, or Seidlitz powder: the bitter tonics, sold by different apothecaries, are efficacious; in obstinate cases, a blister or mustard poultice should be applied to the stomach; the bowels should be kept open daily, and the patient should subsist on light animal food.

HICCUPS.

Spasms of the Stomach. The symptoms are universally known; they may often be removed by large draughts of cold water; loud singing or speaking, or a sudden fright or surprize will also cure them; if they are very obstinate, and the patient is not otherwise affected, a blister should be applied to the stomach; when they attack a patient who has been long con-

fined by a serious illness, they generally denote the approach of death.

HINTS FOR HEALTH.

If the blood has stagnated, take exercise, and if you still feel chilly, a glass of good old country ale will be worth a thousand drams. Brown bread is the best occasional food at breakfast that can be taken; nature never intended that glorious husk, which envelops the wheaten grain, to be thrown where Macbeth wisely recommends physic to be sent. Laugh as loudly as you can, and as frequently as possible. Depression of spirits, besides its immediate effect on the nervous system, deranges the respiration, and mars the proper oxygenation and circulation of the blood, causing diminished vitality, and leading to consumption. Avoid all articles of food when decomposed; a love for putrid game is the vilest instance of morbid tastes.

HOARSENESS.

One drachm of freshly scraped horse-radish root, to be infused with four ounces of water, in a close vessel, for two hours, and made into a syrup, with double its weight in vinegar, is an approved remedy for hoarseness; a tea-spoonful has often proved effectual; a few tea-spoonfuls, it is said, have never been known to fail in removing hoarseness.

HOW TO GET A TIGHT RING OFF A FINGER.

Thread a needle, flat in the eye, with a strong thread; pass the head of the needle, with care, under the ring, and pull the thread through a few inches toward the hand; wrap the long end of the thread thickly round the finger regularly, all down to the nail, to reduce its size. Then lay hold of the short end of the thread, and unwind it. The thread pressing against the ring will gradually remove it from the finger. This never-failing method will remove the tightest ring without difficulty, however much swelled the finger may be.

HYDROPHOBIA, CURE FOR.

Three pints of vinegar—one in the morning, one at noon, and one at night.

HYSTERICS, METHOD OF PREVENTING.

Carraway seeds, finely pounded, with a small proportion of ginger and salt, spread upon bread and butter, and eaten every day, especially early in the morning and at night, before going

to bed, are successfully used in Germany as a domestic remedy against hysterics.

I

INFLAMMATION OF THE THROAT, OR QUINSY.

The throat, internally, is red and swollen. There is generally some fever, a constant flow of viscid spittle, and pain in swallowing. When the inflammation is not subdued within five or six days from the first attack, a tumor containing matter will appear in the throat, and break. The usual cause of this inflammation is sudden cold, occasioned by omitting some part of the covering usually worn about the neck, by sleeping in a damp bed, or wearing wet clothes. If the symptoms be severe, bleed freely, and administer a dose of salts. Bathe the feet in warm water, with salt or ashes in it. Wear flannel around the neck; or, mash roasted potatoes and apply them in a stocking, as warm as the patient can bear. Gargle the throat every ten minutes, with a mixture of warm vinegar and water sweetened; or, with warm vinegar containing table-salt dissolved; or, with sage tea and honey, with a piece of borax about the size of a hickory-nut to a pint. If this treatment fail to reduce the inflammation within the first forty-eight hours, the bleeding and purging are to be repeated, and a blister applied to the throat. Abstain from solid food and stimulants. If matter form, the difficulty of swallowing will be increased, and the patient in some danger of suffocation. In this case, the suppuration must be hastened by inhaling the steam of warm water, from the nose of a tea-pot, and the application around the throat. Those who have had this disease once, are more liable to subsequent attacks.

In slight cases of sore throat, it may be sufficient to wear flannel around the throat, soaked frequently in a liniment made of hartshorn, sweet oil and laudanum.

INFLAMMATION OF THE LIVER.

Pain in the right side, under the short ribs, which is increased by pressure; sometimes it extends to the chest, then resembling pleurisy, and often there is pain in the right shoulder; irregular state of the bowels; inability of lying on the left side; dry cough. The inflammation, if not reduced by the seventh or tenth day, usually ends in the formation of matter. In the former case, a bilious looseness ensues; if an abcess form, it may

break inwardly into the chest or abdomen, or outwardly through the skin.

Every exertion should be made to reduce the inflammation as early as possible. Bleed and purge freely; apply a large blister over the liver or part affected with soreness; and abstain from solid food and stimulants. If an abscess form and break, the patient's strength must be supported by bark and wine. If the abscess point outwardly, and threaten to break through the skin, the part should be poulticed.

INFLAMMATION OF THE LIVER, CHRONIC.

The attack of this is generally so gradual, and the symptoms at its commencement so obscure, as to pass long unnoticed. There is dejection of mind; a loss of appetite; rumbling in the bowels; sense of weight and distention in the stomach; obstinate costiveness; clay-colored stools; jaundice; and oftentimes an enlargement of the liver that can be felt. Induce a slight spitting with mercury, applied by friction, and given internally; thus, a calomel pill, or a grain of calomel, every night and morning, and rub mercurial ointment, of the size of a nutmeg, on the inside of the thighs, every evening. Apply to the part a plaster of mercury or of pitch, of the size of the hand and thickness of a dollar.

INFLAMMATION OF THE INTESTINES.

Severe pain in the abdomen, increased upon pressure, and shooting, in a twisting manner, round the navel; hardness of the abdomen; obstinate costiveness. There is sometimes vomiting or straining at stool, according as the inflammation happens in the superior or inferior portion of the intestines. The pulse is quick, hard and contracted, and the urine high-colored, and there are other symptoms of fever, with great prostration of strength.

Causes: all those inducing inflammation of the stomach; also, strangulated hernia, colic, long continued costiveness. It is distinguishable from colic by being accompanied with fever, and by increase of pain from pressure. The indications of cure are—

1. To reduce the inflammation by bleeding once or twice from the arm, by a large blister laid over the belly, by the warm bath, and by total abstinence from stimulating articles of diet or medicine.

2. To move the bowels by gentle purges, as castor oil, salts, or cream of tartar: and by glysters of salt water.

INFLAMMATION OF THE LUNGS, OR PLEURISY.

Pleurisy, *pneumonia*, *peripneumonia* and *lung fever*, are names given to inflammations of the lungs themselves, or of the membrane that covers them and lines the cavity of the chest. It is, however, improbable that either the lungs or this membrane are ever inflamed to a great degree separately, the disease of one being generally more or less extended to the other. On this account, and because the symptoms and treatment of the two diseases are nearly the same, they are both included here under the head of Pleurisy. It commonly commences with the usual symptoms of fever, accompanied or succeeded by a sense of weight, and afterward pain in the chest. This begins in one side, ordinarily about the sixth or seventh rib, from which it shoots toward the breast-bone and shoulder-blade. The breathing is short and difficult, and the pain is increased on drawing in the breath. There is constant inclination to cough, but every effort is interrupted by the pain it occasions; in consequence of which, viscid mucus collects in the air passages, and causes a sort of wheezing called rattles.

The disease begins to subside from the fourth to the seventh day; if not so soon as the latter period, the case may be considered dangerous. The abatement of the inflammation is marked by an amelioration of all the distressing symptoms, and a copious expectoration.

The great remedies in pleurisy are bleeding, blistering and purging. In severe cases its rapid course and fatal tendency require that these should be employed with promptness and energy. Blood is to be drawn from a large orifice in the arm, till the patient is relieved of his pain and difficult breathing, provided the quantity for this be short of two pints. If the first bleeding fail to relieve, or if, after relieving, the pain and difficult breathing return, the operation should, after twelve hours, be repeated.

Move the bowels as early as convenient, by a mild laxative, as salts, one ounce.

Immediately after the first bleeding, apply a large blister upon the side, near the seat of the pain.

Bathe the feet in warm salt-water, and apply warm poultices to them.

Take very freely of warm barley-water, or flaxseed tea, made agreeable with sugar.

If the above fail to relieve the pain and other symptoms, within the first thirty-six hours, move the bowels again by the

cooling mixture, taking two table-spoonfuls every hour, till it operates. Another blister may be applied to the chest, and the bleeding repeated even a third time. As soon as the pain is relieved and expectoration has commenced, give Dover's powders ten grains, or pectoral mixture, a table-spoonful, every three hours, and continue the warm drinks.

Preserve a constant warmth of the skin by keeping in bed, and a uniform temperature of the apartment. During convalescence the patient may subsist on a generous diet, and use wine.

INSECTS,

Taken into the stomach may generally be destroyed by a small quantity of vinegar, to which salt may be added. For insects that may get into the ear, use a little salad oil.

J

JAUNDICE.

The symptoms are, loss of appetite, aversion to exercise, yellowness of the eyes, and subsequently of the whole skin. The urine is highly colored, and tinges the linen yellow; the stools are white, or of a clay color. The patient complains of a bitter taste, nausea and sickness at the stomach. Generally there is costiveness, which, however, is occasionally interrupted by diarrhœa. Frequently a sense of uneasiness and darting pain is felt under the short ribs of the right side, and at the pit of the stomach.

The immediate cause is an obstruction to the passage of bile from the liver into the intestines, on account of which it is thrown back into the circulation and diffused over the body, imparting to it the yellow color above mentioned. This obstruction may proceed: 1. From the lodgment of a stone in the gall-duct. This variety of jaundice may be known from the others, by occasional acute pains under the short ribs of the right side. 2. It may proceed from indurated mucus lodged in the passage of the gall-duct. This variety follows a sedentary habit, debility, a long continued mercurial course for the venereal disease, and is generally unattended by pain. 3. The obstruction may proceed from enlargement of the liver, as in what is called the *ague cake*, which often succeeds the intermittent or remittent fever, or from that chronic inflammation of the liver, which is occasioned by hard drinking. In this variety of jaundice, the

enlargement of the liver can be felt, which distinguishes it from other varieties.

In the first variety, if pain and inflammation exist in considerable degree, bleed, and bathe the part with warm water; in addition to which, employ the remedies recommended in the second variety.

In the second variety, administer an emetic every other morning, and, if it fail to move the bowels, give on the intervening days a mild cathartic, as, calomel, six grains; jalap, ten grains; mixed in syrup or other convenient vehicle, and repeat the dose every three hours, till it operates; or, calomel pills, three or four, with castor oil, a table-spoonful; or, calomel alone, twenty grains. The warm bath, by its relaxing powers, proves very useful in jaundice, and should be employed frequently. Exercise of the jolting kind, as running, dancing, jumping a rope, is very serviceable. To those who reside on shore, riding on horseback is an invaluable remedy.

In the third variety, where the liver is enlarged, mercury should be employed, as recommended under the head of *Chronic Affection of the Liver.* The diet should be light and nourishing.

JAW ACHE.

Take a dose of salts, and apply a warm poultice of hops and vinegar to the part. Steaming the part with the vapor of vinegar, keeping the body covered at the same time with blankets, till a perspiration comes on, is also very effectual.

L

LARYNGEAL PHTHISIS AND BRONCHITIS.

Dr. Mott, of New York, has come out in favor of the use of tobacco; he says it is a preventive, or perhaps a cure, for laryngeal phthisis and bronchitis. If that is the case, there will be less difficulty in answering the question why the clergymen fifty years since were not troubled with bronchial complaints as much as they now are, as we believe in olden time few clergymen neglected the weed.

LEECHING.

The manner of applying leeches is too well known to require a description. Success is rendered more certain by previously drying them, or allowing them to creep over a dry cloth; the part also to attract them, may be moistened with cream, sugar, or blood.

LINEN GOOD FOR COLDS.

Persons with catarrh in the eyes or nose, will experience more relief on applying a linen or cambric handkerchief to the face, than from one made of cotton: because the linen, conducting readily, absorbs the heat and diminishes the inflammation, while the cotton, repulsing to the heat, increases the temperature and the pain.

LIQUORICE LOZENGES.

1. Take extract of liquoriee, one pound; powdered white sugar, two pounds. Mix with mucilage made with rose-water.

2. Take lump sugar, one hundred parts; liquorice, one hundred and fifty parts; powdered starch, forty parts; mucilage, to mix.

LOOSE CLOTHING.

Loose clothing is much warmer than that which fits tight, because the quantity of imperfectly conducting air thus confined around the body resists the escape of animal heat.

LOW SPIRITS.

Dyspepsia; sense of heat and pain in the chest; languor; listlessness; want of resolution and activity; disposition to seriousness, sadness, and timidity as to future events; an apprehension of the worst and most unhappy state of them, and, therefore, upon slight grounds, a dread of great evil. Particular attention to health; and, upon any unusual feeling, a fear of imminent danger, and even death itself. In respect to all these feelings and apprehensions, the most obstinate belief and persuasion.

Treatment.—1. To restore the energy of the brain and nervous system; and to obviate the morbid association of ideas, by which the disease is characterized.

2. To remove the dyspepsia and other concomitant symptoms.

The first indication can alone be accomplished by diverting the attention of the patient from his own feelings by change of scene; engaging his attention by new and interesting objects; convivial society; various amusements and rural sports; moderate and regular exercise; gaining his confidence; condoling with him, rather than ridiculing his foibles; and persuading him of a gradual recovery from his ideal illness, by some innocent medicaments regularly administered.

The second by:

1. The treatment laid down for the cure of dyspepsia.

2. Chalybeate mineral waters.

3. Tonics and antispasmodies; particularly Peruvian bark and assafœtida.

4. Warm and cold bathing.

5. The mineral waters recommended for dyspepsia.

6. Light nutritive diet; as common drink, wine and water should be substituted for malt liquors.

The violent pain in the head and stomach, to which hypochondriacs are subject, may be relieved by ether, musk and opium, separately or combined.

M

MEASLES.

Of the Benign.—Cough; hoarseness; difficulty of breathing, sneezing; sense of weight in the head; nausea or vomiting; dullness of the eyes; drowsiness; epiphora; itching of the face.

On the *fourth* day, small red points or papulæ appear, first on the face, and afterward successively on the lower part of the body. They are generally in clusters; do not rise into visible pimples, but by the touch are found to be a little prominent.

On the *fifth*, or *sixth* day, the vivid red is changed to a brownish hue; and in a day or two more the eruption entirely disappears, with a mealy desquamation of the cuticle.

The febrile symptoms are not diminished upon the appearance of the eruption, but rather increase, and become attended with much anxiety and oppression, and symptoms of pneumonia. At the period of desquamation of the papulæ, a diarrhœa frequently comes on, and continues for some time.

The symptoms which distinguish the eruptive fever of measles from variola and other diseases, are the dry cough and hoarseness; the heaviness of the head and drowsiness; sneezing; the appearance of the eyes, which are red, swelled, itchy, very sensible to light, and frequently loaded with tears.

Cause—specific contagion.

Treatment.—The first thing to be attempted is, to diminish the inflammatory action, and relieve urgent symptoms:

1. By abstinence from animal food, and all things that increase blood and inflammation.

2. By placing the patient in a moderately cool atmosphere, the temperature of which should be regulated in a great measure by his own feelings, carefully guarding against any sudden change.

3. By the common diaphoretics and refrigerants; more especially the saline ones.

4. By the occasional exhibition of saline aperients.

5. When the febrile symptoms run high, and more especially when symptoms of local inflammation are present, recourse must be had to general and local bleeding.

Practitioners differ much with respect to the time at which blood-letting may be employed with the most advantage. Dr. Morton thinks it requisite as soon as the eruption is completed. Sydenham recommends it after the eruption has disappeared. Dr. Mead judiciously observes, that our practice in this respect should be regulated by the degree of the accompanying pneumonic symptoms, without attending to the particular period of the disorder, or the state of the eruption; and this is the generally approved practice of the present day.

Where the inflammatory symptoms become urgent, with much anxiety, pain, and oppression at the chest, general bleeding cannot be dispensed with, unless there be a septic tendency in the system. Topical bleeding under less urgent symptoms may suffice.

6. By the application of blisters to the chest, in cases where the fever is violent, with delirium or pneumonic inflammation.

1. If the disease be accompanied by inflammation of the lungs, general and topical blood-letting must be enforced, with occasional purges and nauseating diaphoretics, as recommended for the cure of pneumonia.

2. Hoarseness, cough, and inflammation of the throat, will be palliated by barley-water, with gum Arabic; thin arrow-root; orgeat and water; the compound decoction of barley, or capillaire and water, taken in very small quantities and frequently, not cold, but with the chill removed. The addition of a little nitre, or of a small quantity of lemon-juice will render them more palatable.

Inhaling the steam of warm water is also useful.

Mild opiates are occasionally useful against these symptoms, after the febrile action is abated; but when given before, they neither procure rest, nor an abatement of the cough.

Take milk of almonds, five ounces; nitrate of potash, fifteen grains; syrup of white poppies, half an ounce. Mix. Let the patient take a moderate spoonful when the cough is urgent.

An opiate, given at bed time, should always be combined with a saline diaphoretic.

3. When diarrhœa does not take place toward the resolution of the disease, a calomel purge or two should be administered.

4. Where the diarrhœa is excessive, astringents and opium are necessary.

Take chalk mixture, six ounces. Let the patient take two large spoonfuls after each liquid stool.

Take aromatic confection, one scruple; chalk mixture, twelve drachms; powder of ipecacuanha, one grain. Make a draught to be taken every four hours.

Take aromatic confection, one scruple; extract of logwood, ten grains; chalk mixture, twelve drachms. Make a draught to be taken every four hours.

To either of the above, five drops of laudanum may be added.

Should the diarrhœa continue, and threaten great exhaustion, recourse must be had to the opiate confection, astringent clysters, and the more powerful astringent remedies recommended against diarrhœa.

5. If the symptoms manifest a tendency to a malignant form of disease, they must be treated as directed in typhus.

When the eruption of measles disappears before the proper period, and convulsions, or great anxiety, or delirium, take place, the course will be to restore the eruption to the skin. To effect this, recourse must immediately be had to the warm bath, blisters to the chest and feet, the administration of warm dilute wine, camphor and ether, or antimony.

Take of antimonial powder, six grains; make a powder to be taken every three, or four, or six hours.

Take nitrous ether, two drachms; water of acetate of ammonia, six drachms; spearmint, five ounces; syrup of saffron, three drachms. Mix. Let the patient take two large spoonfuls frequently.

Of the malignant.—This form of the disease is accompanied with typhus fever, and the symptoms of putrescency that are enumerated under the head of typhus. The eruption appears more early; and all the symptoms above described are in an aggravated form. The fauces often assume the same appearance as in cynanche maligna, probably from a combination of the two diseases.

The treatment of malignant measles is similar to that of typhus fever; it requires the exhibition of mineral acids, cinchona, and red port wine. Delirium, pneumonic symptoms, cough, &c., must be treated as before recommended.

MENORRHAGIA,

Or immoderate flow of the menses. A flow of the menses is to be considered as immoderate, when it either returns more fre-

quently than is natural, continues longer than ordinary, or is more abundant than is usual with the same person at other times.

It may be the effect of two different and opposite states of the system: plethora, with inordinate arterial vigor; and general relaxation, or debility.

Symptoms.—An immoderate flow of the menses, arising from plethora, is usually preceded by rigors, acute pains in the head and loins, thirst, turgid flushed countenance, universal heat, and a strong, hard pulse; on the contrary, where the symptoms of debility are prevalent in the system, the pulse is small and feeble, the face pallid, the respiration small and hurried on the slightest effort; the general appearance of the patient indicates a laxity of every muscular fibre; the pains of the back and loins are rather aching than acute.

The causes which predispose to the disease, are plethora; a laxity or debility of the organ, arising from frequent child-bearing, difficult and tedious labors, or repeated miscarriages; a sedentary and inactive life, indulging much in grief and despondency; living upon a poor, low diet; drinking freely of warm, enervating liquors, such as tea and coffee; and living in warm chambers.

The exciting causes of menorrhagia are, violent exercise, more especially in dancing; strokes or concussions on the belly; strains; passions of the mind; violent straining at stool; excess in venery, particularly during menstruation; the application of wet and cold to the feet; organic affections of the uterus, such as schirrus, polypus, &c.

Menorrhagia, when it is the effect of plethora, rarely proves fatal; but when it occurs in habits much reduced by previous disease, or is produced by a laxity of the vessels of the organ, is profuse, long-continued, or of frequent recurrence; if the lips, nails, and other parts, be pale; if the extremities become cold, and with these symptoms the patient fall into syncope, especially if there be any convulsions of the limbs, the danger is very great. When it arises from an organic affection of the part, which is frequently the case after the age of forty-five, it is usually incurable.

The cure of menorrhagia consists in:

1. Strictly confining the patient to an horizontal posture; especially avoiding every exertion both of body and mind.

2. Keeping the body gently open with laxative medicines that have but little stimulus.

Take tartrate of potash, half an ounce; best manna, six drachms; boiling water, six ounces; compound tincture of lav-

ender, half an ounce. Make a mixture, of which let the patient take three spoonfuls when necessary.

Take sulphate of magnesia, three drachms; cold water, ten ounces. Make an injection.

3. Administering draughts of acidulated cold liquors frequently, as infusion of roses, lemonade, and the like.

4. The internal use of styptics, especially cerussa acetata, as directed against hæmoptysis.

5. When symptoms of debility are present, tonics, astringents: cinchona, cascarilla, kino, quercus, and wine.

6. The constant application of astringents to the vagina and hypogastric region; especially ice, very cold water, vinegar and water.

MUMPS.

This is a well-known specific contagion peculiar to children; it commences with a slight inflammatory fever, pain in the head and ears, and swelling of the head and neck, or the parotid and maxillary glands, appearing externally, at which time the patient experiences great difficulty in breathing and swallowing; sometimes a part of the inflammation extends to the breasts of the female, and the testes of the male, and in the recession delirium will not unfrequently follow. The general treatment recommended in this disease is the same as in that of inflammatory sore throat; the same gargles and plasters are useful. If the disease occurs in cold weather, the head should be kept bound up with a linen bandage, moderately tight, with flannel next to the swollen parts; should violent fever or delirium take place, put blisters to the head, mustard plasters to the feet, and fomentations to the parts affected. The ordinary emetics are very beneficial in the early stages.

MUSKETO BITES.

Dissolve sal soda (bleaching powder) in water, and with the tip of your finger apply it to the bite, letting it dry: the cure is complete. A tea-spoonful of the solution is sufficient for a hundred of bites.

N

NETTLE RASH.

An eruption resembling that produced by the stinging of nettles; whence its name. These little elevations often appear instantaneously, especially if the skin be rubbed or scratched, and

seldom stay many hours, sometimes not many minutes, in the same place; but vanish, and again make their appearance in another part of the skin. The parts affected with the eruption are often considerably swelled. In some persons they last a few days only, in others many months, appearing and disappearing at intervals. Long weals sometimes are observed, as if the part had been struck with a whip. The little eminences always appear solid, not having any cavity, or head containing either water, or any other liquor. Intolerable itching is their invariable concomitant. They generally disappear in the day time, and in the evening again break forth, accompanied with slight symptoms of fever. They terminate in a desquamation of the cuticle.

Cause.—Mechanical irritation.

Treatment.—Use frequent cooling purges; small doses of calomel; sudorifics; light diet.

NERVOUS FEVER, OR SLOW FEVER.

It commences slowly and imperceptibly, with general languor, dejection of mind, loss of appetite, alternate chills and flushes, dullness and confusion of thought. In a day or two there is a giddiness and pain in the head, with aching pains over the whole body; nausea; frequent, weak, and often intermitting pulse. At first the tongue is moist, but afterward becomes dry, brown and tremulous; there is little thirst, and the urine is pale and watery. As the disease advances, the heat and other symptoms of inflammation increase; the urine becomes high-colored; sometimes diarrhœa and immoderate sweating ensue; there is a low, muttering delirium, a starting and twitching of the tendons; sometimes a coldness of the extremities, convulsions and death.

Causes.—Weak and delicate habit of body; poor living; warmth of climate; depressing passions of the mind, as grief, fear, anxiety; excessive venery; intemperance.

It may be known from putrid or malignant fever, by the attack being more gradual, and the symptoms milder: from inflammatory fever, by the smallness and weakness of the pulse, and by its more mild accession.

About the seventh, fourteenth, or twenty-first day from the attack, the disease usually abates, and the patient from that time slowly recovers.

Treatment.—Commence this by cleansing the stomach and bowels with a mild emetic and cathartic, combined as follows:

Take ipecac, twenty grains, and calomel, five; mix them, and give the dose in any convenient vehicle. If this fail to move

the bowels once or twice, take some other mild purgative, and repeat it as often as there is the least tendency to costiveness.

If the disease be not arrested by this treatment within the first three days, apply blisters to the legs, and poultices to the soles of the feet. If, after this, there should be much stupor, shave and blister the head.

The patient may take wine in sago, barley-water, or gruel. He may also take chicken-broth, beef-tea, or other light animal food, but in such quantities only as his stomach craves, and as will be likely to agree with him.

The pulp of an orange, or roasted apples, will be both cooling and agreeable to the stomach.

For common drink, he may take toast-water, lemonade, wine and water, cider, or soda water.

One of the best remedies in the early stage of the disease, after the stomach and bowels have been moved by medicine, is cold affusions. The cold water should be dashed on from a pitcher or bucket, wherever the heat of the skin is above the natural standard. If this heat, however, be confined to particular parts of the body, the cold water may be applied to them alone, with a sponge or wet cloth.

The Quinia mixture has also been found a very good agent for the cure of this fever.

The patient should be kept as quiet as possible, and, with a view to promote perspiration and induce sleep, may take every evening a Dover's powder, and have warm poultices renewed to his feet.

During the day time, administer the following drops: Take spirits of nitre and antimonial wine, equal parts; mix them, and give two tea-spoonfuls every three hours, in toast-water.

NEURALGIA, OR TIC DOULOUREUX.

This complaint is tolerably well known by peculiar violent and changing pains in the head and face, which dart from one part to another, accompanied sometimes by a twitching of the the muscles; the patient for a time suffers extreme agony. If the affection is in the head, it not unfrequently causes a transient delirium; the parts are excessively painful from the slightest touch, and the patient can scarcely apply his finger or hand near the situation of the pain.

Treatment.—If the pain is situated in the face, attended by more or less swelling, and the patient has any teeth in a far state of decay, the immediate extraction of the teeth will most probably effect a cure; if the teeth be nor affected, apply a blis-

ter to the cheek; or bind the face up in a flannel, well soaked in sweet oil and laudanum; a leaf of tobacco dipped in water and bound to the part for a short time, has effected a cure; if in the head, leeches and blisters should be used; although cold saline applications have been tried with advantage. Neuralgia is a most obstinate and painful malady, and Mr. Dupie of the French Medical College, has been more fortunate than any other physician in effecting a permanent cure; his principal remedy is as follows: Take eight grains of sulphate of quinine, two ounces of syrup of rhubarb, two and a half ounces of water of orange flower, and ten drops of sulphuric ether.

To relieve the pain, from twenty to thirty drops of laudanum may be taken.

NIGHTMARE, OR FRIGHTFUL DREAMS.

Although this affection is not noticed in the medical books, it is, nevertheless, a most distressing malady, which requires medical treatment. A person subject to nightmare should be restricted to a very light, digestable diet, such as mutton, chicken, &c.; keep the body well open, and eat no gross food or rich pies; eat a very light and early supper; take plenty of exercise; avoid the reading or discussion of any horrid or affecting subjects or stories; on going to bed, keep the neck, chest and limbs entirely free from any ligature, bandage, or pressure; and on the morning after an attack of nightmare, take a dose of Epsom salts.

NIGHT SWEATS.

These are the consequence of some debility of the system, or decline of constitution; they are very prostrating to the powers. If they do not proceed from decline or consumption, plentiful draughts of cold chamomile tea, with generous and nourishing diet, will cure them.

O

ON CLYSTERS, OR INJECTIONS.

These may be administered with a pipe or tube inserted into the neck of a bladder. The fluid to be injected being introduced into the bladder, through an opening made in the side, which is to be tied up with a piece of twine, the pipe is to be well oiled, when the patient himself may introduce it into the fundament. He should then hold his breath, while the bladder

is gradually pressed from the top to the tube, till all the liquid is injected.

OPENING A TUMOR OR ABSCESS.

The opening should be made in the most prominent part, and if it be on a limb, the incision is to be made lengthwise, and not across the limb. The part should be covered with plaster, to exclude air.

OPODELDOC, OR CAMPHORATED SOAP LINIMENT.

Take common white soap, three ounces; camphor, one ounce; oil of rosemary, oil of origanum, each half an ounce; alcohol one pint; cut the soap fine, and with a gentle heat dissolve it in the alcohol, in which the other articles have been previously dissolved. Pour into wide-mouthed vials or jars, to cool.

If liquid opodeldoc is preferred, two ounces of castile soap, in place of three ounces of common soap. N. B.—Troy ounces are designated. If not practicable to have the articles weighed by that standard, bear in mind that the Troy ounce is nearly equal to one and one-ninth ounce Avordupois.

Opodeldoc, made according to the above recipes, is altogether superior to that usually sold in vials, at exhorbitant prices.

P

PAINTER'S COLIC.

Pains and spasms in the belly and intestines; eructations or belching, frequent inclinations to go to stool, &c. It very frequently terminates in a palsy in the wrists and extremities, and in other parts of the body.

Cause.—The use of lead in certain trades.

Castor oil, in repeated doses, is often effectual in producing stools. Mercury, united with opium, is very beneficial by exciting salivation. Rub the belly with brandy and camphor mixed, and relieve the pain by doses of laudanum of from forty to eighty drops. Bleeding is recommended in violent stages, if the patient is of a full habit. Blisters, or mustard plasters have also proved efficacious.

The following prescriptions are recommended by Dr. Hooper:

1st. Take of calomel, half a grain; prepared sulphuret of antimony, half a grain; conserve of roses, five grains; make a pill to be taken three times a day.

2nd. Take sulphate of alum and potash, one half scruple; infusion of roses, twelve drachms; syrup of roses, one drachm. Make a draught, to be taken three times a day.

Preventive Treatment.—To prevent the diseases which arise from the use of lead in certain trades, the treatment is extremely simple, requiring the workmen to submit to the following precautions: They are to take two baths of soap and water every week, occasionally adding a little sulphur, and are carefully to wash the uncovered parts of the body with soap and water at every interval between their working hours. They are to drink one or two glasses of lemonade, made with sulphuric acid, every day, according to the greater or lesser quantity of dust, or poisonous vapor with which the surrounding atmosphere may be charged. At the same time, they should be more careful than the followers of any other trade to abstain from the use of spirituous liquors. The efficacy of this preventive treatment is easily explained by the fact, that the mineral poison absorbed is thus converted into an insoluble, and, therefore, innoxious, salt (sulphate of lead), and the saturnine particles deposited on the surface of the body are taken away.

PERSIMMONS, UNRIPE,

Are said to have the effect of arresting cholera infantum and common diarrhœa. A simple infusion suffices to be administered, when astringent remedies are indicated. Dr. Mettairer, of Virginia, says it acts like a charm, when other astringents fail. A syrup of the same, or a tincture, can, of course, be easily prepared, and would answer the same purpose.

PLEURISY.

The proper pleurisy we have noticed under the head of Inflammation of the Lungs. There is a well-known complaint which improperly bears the name of pleurisy, which commences with painful darts or stitches in the side, frequently below the ribs, and often attended with fever. When the latter is the case, immediate bleeding, leeching, the mustard poultice, or a blister, are efficacious. This stitch in the side is frequently occasioned by a portion of wind being confined about that region, and a patient fancies he has a pleurisy. A dose of castor oil, and a rubbing of the part with a coarse towel, or with spirits of hartshorn and sweet oil, have very frequently cured this.

This description of pleurisy, if pleurisy it may be termed, is very common in cities, in the months of March and November;

at which season person of delicate habit should wear real flannel about the chest, and avoid exposure to dampness.

PUTRID SORE THROAT.

It commences with cold shiverings, sickness and vomiting, heat and restlessness, great debility, flushed face, hoarseness and sore throat. Upon inspection, the internal surface appears of a fiery red color, which soon becomes darker, and is interspersed with specks, of some shade between a light ash and a dark brown. There is considerable fever, which increases every evening; a small and irregular pulse, and oftentimes diarrhœa About the second or third day, large scarlet-colored patches or stains appear upon the neck and face, and afterward over the whole body. After continuing about four days, they depart with a scaling of the skin. In bad cases, the ulcers in the throat corrode deeper and deeper, debility increases to complete exhaustion, and the parts mortify. The patient expires usually before the seventh, often as early as the third or fourth, day.

This disease is epidemic, often spreading through a whole village. Long exposure to a humid atmosphere and a debilitated habit predispose to an attack. This kind of sore throat may be distinguished from quinsy, or common sore throat, by the eruption or specks above mentioned, by the weak, fluttering pulse, general debility, and by the scarlet spots that appear on the skin. Each of these diseases, however, often partakes so much of the character of the other, that it is not always easy to distinguish them. It may be known from croup by the absence of a croaking hoarseness, and by the presence of visible inflammation and the specks above mentioned. The putrid sore throat prevails mostly among children.

In the treatment of putrid sore throat, bleeding and active purging would be apt to increase the debility which is already very great. The stomach and bowels must however be cleansed; for which purpose take ipecac; twenty-five grains of calomel, or some other purgative in small quantity. The principal indications of cure then are:

1. To counteract the putrid tendency that prevails.
2. To wash off frequently the acrid matter from the throat, and, lastly, to obviate debility.

To correct the putrid tendency, Peruvian bark, mineral acids, and Cayenne pepper, are among the most valuable remedies. They may be taken in the following manner: Take powder of the bark, two table-spoonfuls; Cayenne pepper, one table-spoonful; to which add three gills of boiling water, and after boiling

it in a covered vessel ten minutes, add one gill of vinegar. Administer three table-spoonfuls every two hours. Or, take decoction of bark, two table-spoonfuls; tincture of bark, two tea-spoonfuls; elixir vitriol, fifteen drops; mixed, every two hours.

To cleanse the throat, use gargles of salt dissolved in vinegar; or, elixir vitriol, a tea-spoonful to half a pint of warm water, sweetened, every ten minutes. Inhale the steam of warm vinegar and water, from the nose of a tea-pot. Breathe the air made by burning niter, thus: close the patient's room, and upon a chafing dish of coals, throw powder of niter, half an ounce—which will fill the room with a thick white cloud, that will last for some time. This process may be frequently repeated in the course of the day.

If any particular symptom of an alarming nature arise during the progress of the disease, as diarrhœa, bleeding, &c., it must be checked immediately. For diarrhœa administer opium and brandy, or powder of kino, thirty grains. Bleeding is also to be treated with astringents both locally and generally, as directed under the heads of different kinds of bleeding.

R

RINGWORMS.

Get the comb of a church bell, that is, the grease which is applied to make it work easy, and which with the metal forms a kind of verdigris; mix it with unsalted lard, and apply a fresh plaster twice a day. It is not superstition that dictates the use of a church bell above any other, but the peculiar combination of metal employed for that purpose produces a different kind of verdigris. This remedy was long kept a profound secret, and many cures effected at an enormous charge. It has been equally efficacious as freely and openly communicated.

Ringworms may be, in most cases, simply cured by scratching around the outer surface with the point of a sharp pin. The disease will not pass the line if the skin is thus cut.

RHEUMATISM.

There are two kinds: *acute*, which is inflammatory and of short duration; and of *chronic* which is of long duration, and accompanied by debility.

Symptoms of Acute Rheumatism.—They commence with slight fever, very soon followed by an inflammation, sharp pain, and

swelling in the neighborhood of one or more of the large joints; and this pain increases when the patient becomes warm in bed. It is variable, shifts from joint to joint, and leaves the part it occupied swollen, red, and tender to the touch. The joints most subject to this disease are, the hip, loins, back and shoulder. The pulse is full and hard, the tongue has a slight whiteness, the urine is high-colored, the blood, when drawn from a vein, exhibits a light colored crust on its surface, costiveness prevails, and sometimes there is profuse sweating without relief.

Cause.—Obstructed perspiration, occasioned by wearing wet clothes, lying in damp linen or damp rooms, or by being exposed to cold air, while heated by exercise. Sailors are particularly liable to this complaint, on account of their frequent calls upon deck in rainy weather, and sleeping in wet clothes. Often it attacks sailors on their approach from a warm to a cold climate.

Treatment.—This is to be commenced by blood-letting and purging. The quantity of blood to be taken from an adult may be between one and two pints, according to the strength of his constitution and the violence of the attack; and if the symptoms continue unabated, the operation may be repeated on the following day. As a cathartic, give a dose of salts, or of castor oil; or flowers of sulphur and cream of tartar, half an ounce of each, mixed with molasses. When the bowels have been moved, take Dover's powder, fifteen grains every four hours, and drink freely of warm herb-tea and toast-water, or barley-water and gruel. Another remedy of great value in acute rheumatism, is calomel and opium, two grains of the former to half a grain of the latter, mixed, and taken three or four times a day.

When fever has subsided and the pain is confined to one part, blisters will prove useful. Warm fomentations tend rather to aggravate the pain of acute rheumatism. The patient should subsist on a low diet, abstain from stimulating drinks, and preserve an open state of the bowels by occasionally repeating the purgatives before recommended.

When the inflammatory symptoms have subsided, the patient may return to a generous diet, and the use of wine and strengthening medicines.

In approaching a cold climate, the master of a vessel should attend to the clothing of his crew, and see that its warmth increases in proportion to the coldness of the weather; he should also prevent the men's sleeping on damp beds, or in wet apparel.

If woolen shirts are best for sailors in all climates, they are more particularly so in approaching from a warm to a cold one.

Chronic Rheumatism.—It may be either a consequence and termination of the acute rheumatism, or it may be independent of it. In the first case the parts which were affected with inflammation are left weak, stiff, in some instances swelled, and the pain, before movable, is now usually confined to particular parts: sometimes, however, it still shifts from joint to joint, but is unattended by any inflammation or fever. When not the consequence of acute rheumatism, it is most commonly met with in people at the decline of life. The pains are felt in the large joints, which are increased upon motion, and relieved by artificial warmth; the part affected is pale and cold, even when the other parts of the body are warm.

Treatment.—This must differ from that which is recommended in acute rheumatism. General bleeding as well as much purging, will be inadmissible. The part affected may be rubbed several times a day with volatile liniment, or with spirits of camphor, and the part rolled in flannel. In long continued and obstinate rheumatic affections, leeches applied to the part will be serviceable, as also blisters kept constantly running. A valuable application to the part is a plaster of common pitch, spread as thick as a dollar on soft leather, and sprinkled over with tartar emetic, five grains to a surface as large as the hand.

These local applications must be accompanied with such internal medicines as are best adapted to stimulate and warm the system and alleviate pain. Gum guaiacum is one of the most powerful general stimulants, and may be taken in doses of fifteen grains of the powder, mixed with sugar, molasses, or gruel, every three hours. Or take the tincture of guaiacum, from two to four tea-spoonfuls, in wine or gruel. Mustard and horse-radish may be used freely.

The diet should be rich and stimulating; flannel worn next to the skin; and exposure to cold night-air, wearing damp clothes, and wetting the feet should be carefully avoided.

To relieve pain and promote sleep, take Dover's powder, fifteen grains, on going to bed; or, a powder of calomel, ipecac, and opium, of each one grain.

Col. J. O. Craig, of Readfield, says he has cured himself and several others of rheumatism, by an external application of the following liniment: Take one pint of brandy; one and a half ounces of saltpeter; one ounce of camphor; one gill spirits of turpentine; mix together, and when about to use it shake it up

well. Apply it by wetting a flannel with it, and dry it in by a a flat, or other iron, as hot as it can be borne.

One gill of whisky, one gill of sweet oil, one tableful-spoon of garlic juice, one tea-spoonful of turpentine, six cents' worth of camphor, six cents' worth of laudanum, twelve cents' worth of oil of sassafrass; let stand on the stove for one hour, and simmer very gently.

RUN-ROUND ON THE FINGER.

The first symptom of the disease is a heat, from swelling and pain, and a redness at the top of the nail. *Cure.*—First open with a needle; then, with the point of a pen-knife, scratch the whole surface of the nail, both lengthwise and across. This alone, it is said, will check and cure the complaint.

RUPTURE, OR HERNIA.

This is a protrusion, or falling of the intestines or bowels, into the groin, scrotum, or adjoining parts. It is caused by straining, violent exercise, lifting heavy weights, blows in the parts, running, jumping, &c.

When a rupture is produced by bodily exertion, the tumor is formed suddenly, and is generally attended with a sensation of something giving way at the part, and with considerable pain.

Treatment.—Reduce the tumor immediately by the hand; for this purpose the patient should be placed on his back, and the foot of the bed be elevated about twenty inches higher than the head; the thighs should be bent toward the body, and that on the same side with the rupture inclined inwards. the pressure which is made on the tumor by the hand of the operator for its reduction, should always be directed upward and outward for inguinal hernia, and first backward and then upward in femoral hernia. If the tumor be not sooner removed, the pressure may be continued half an hour, but no violence is to be used, as it will tend greatly to aggravate the inflammation, and the pressure, when it becomes painful, should for the same reason be discontinued. Should these efforts fail of success, the patient must be bled, and then another trial be made, and on failure of this also, use the warm bath, and repeat the effort while the patient lies in the water. The next remedies to be employed are the coldest applications to the tumor, as ether or pounded ice, and where these cannot be obtained, a mixture of equal parts of niter and sal ammoniac, in the proportion of half a pound of the mixture to a pint of water, should be tried by a

constant application of it to the tumor. Finally, try an injection of tobacco, made by boiling one drachm of tobacco in a pint of water for ten minutes.* When all these means fail, if a surgeon can be had, competent to perform the operation for strangulated hernia, he should be called, and always within the first twenty-four hours.

With a view to guarding against the dreadful consequences of a strangulated hernia, a ruptured person should immediately procure a well adapted elastic spring truss, and wear it night and day, without intermission. These very essential articles can be purchased of any respectable apothecary.

* Dangerous (only as a last resort.)

S

SCROFULA, OR KING'S EVIL.

Swelling of the glands of the neck, which after a period break and discharge a white, creamy curd—sometimes it manifests itself in the swelling of the eyelids; or, in its aggravated form, extends all over the system; the throat becomes swollen, the joints weak and painful, attended with swelling; great emaciation finally takes place; the bones and the ligaments assume a deadness, and the patient wastes away in death.

Persons of light and smooth skin, of peculiar fullness and rosy appearance of the face, large light eyes and complexions, are most apt to be affected with this obstinate disease. The cause may be said to exist in hereditary predisposition, residence in cold climates, bad water, indigestible food, living in low and damp situations, &c. The best remedies are, sugar in large quantities, sea-bathing, residence by the sea side.

Treatment.—The inhalation of oxygen gas; the tincture or solution of iodine, given three times a day, and persevered in for a long period; tonics, especially Peruvian barks; antimonials, with decoctions of guaiacum, sarsaparilla, sassafras, &c. A strong decoction of the dried leaves of the tusselago; burnt sponge; light nutritive diet; pure, dry air; friction, and moderate exercise.

SMALL-POX, OR VARIOLA.

The small-pox is distinguished into two species—the *distinct* and *confluent;* implying that in the former the pustules are perfectly distinct, and separate from each other, and that in the latter they coalesce, and the eruption is continuous.

Symptoms and Progress of the Distinct Small-pox.—The erup-

tion of the *variola discreta*, or distinct small-pox, is ushered in by a fever of the inflammatory type, characterized by considerable pains in the back and loins, nausea, vomiting, pain in the epigastrium upon pressure, disposition to drowsiness, and in infants often one or more epileptic fits.

Toward the end of the *third* day from its commencement, the eruption makes its appearance on the face and hairy scalp, in the form of small red points not dissimilar to flea-bites.

During the *fourth*, it extends itself successively to the neck, breast, upper extremities, and at length occupies the whole body.

About the *fifth*, a little vesicle, appearing depressed in the middle, containing a colorless fluid, and surrounded by an inflamed areola or margin, perfectly circular, may be observed on the top of each little point or pustule. The eruptive fever now disappears.

About the *sixth*, the saliva becomes increased in quantity, and viscid; at the same time that there is a degree of swelling of the throat, difficulty of deglutition, and hoarseness.

On the *eighth* day, the pustules are completely formed and spherical, or prominent and appearing almost terminated in a point; and the contained matter has assumed the appearance of pus. The face swells, and the swelling extending to the eyelids, these often become so much enlarged as to close the eyes.

About the *eleventh*, the pustules have gained their full size (which differs in different epidemics, but is generally that of a pea), the matter has changed from a white to an opaque yellow, and a dark spot appears on each. At this time the tumefaction of the face subsides, and the hands and feet begin to swell. The secondary fever now, also, usually makes its appearance.

After the *eleventh* day, the pustules from being smooth become rough, break, and discharge their contents; which drying on the surface, a small crust is formed over each of them. These in a short time fall off, and leave the part they covered of a dark brown color, which often remains for many days; and in cases where the pustules have been large or late in becoming dry, deep indentations of the skin. The swelling of the hands and feet gradually subsides, and about the seventeenth day the secondary fever disappears.

Symptoms and Progress of the Confluent Small-pox.—Both in its symptoms and progress, the confluent kind differs materially from the distinct or benign. The eruptive fever often early shows a tendency to the typhoid form; and besides possessing the characteristic symptoms above mentioned, which are usually present in a more marked degree, it is frequently attended with

coma or delirium; in infants, with diarrhœa; in adults, salivation.

The eruption is irregular in its appearance, and in the succession of its stages. It is usually preceded by an erythematic efflorescence upon the face, from which the pustules emerge on the second day, in the form of small red points; many of which soon coalesce and form clusters greatly resembling the measles. Maturation is more early; but the pustules do not retain their circular form, are of an irregular shape, often flattened, and appear like thin pellicles fixed upon the skin—instead of true pus, containing a brownish ichor; nor are they surrounded by an inflamed margin, the intermediate spaces between the clusters appearing pale and flaccid. The swelling of the face and salivation appear earlier, and rise to a much greater height than in the distinct form of the disease. The fever, though it generally suffers a slight remission, does not cease upon the appearance of the eruption, and in some instances all the worst symptoms of typhus supervene; the eruption assumes a livid hue; petechiæ and passive hemorrhages make their appearance, and the patient is often carried off on the eleventh day from the commencement of the disease.

Treatment—Of the Distinct.—The indications are: to moderate the fever when violent.

To support the strength, when deficient.

To obviate all those circumstances that may produce any irregularity in the appearance, or in the progress of the disease.

In cases of violent action, in full and plethoric habits, bleeding has been resorted to, and is recommended by many; but it is a practice mostly replete with danger, and to be avoided, if possible; for the subsequent debility generally overbalances the temporary advantage that may be gained by this remedy.

Purging is often successful in diminishing the violence of febrile action, without inducing much weakness.

An emetic has been given with advantage at the accession of the disease, except in cases where there is much pain of the stomach.

During the eruptive fever, when this is pure synocha, the febrile symptoms, if considerable, are to be moderated by exposing the body of the patient to a cool atmosphere, by frequently administering cold diluent fluids, as lemonade, imperial saline draughts, niter; at the same time administering saline aperients, so as to keep the bowels loose.

If there be great irritability and restlessness, opium in small

quantities, with a saline draught, will be serviceable, or with a small quantity of antimony.

Take powdered opium, half a grain; calomel, half a grain; antimonial powder, three grains: make a powder, to be taken every eight hours in a little honey.

Small doses of mercury are often serviceable in moderating the febrile action of variola, even when exhibited so as slightly to affect the gums; no inconvenience is likely therefore to arise from the administration of the above.

If the febrile symptoms indicate a tendency to typhus, the mode of treatment recommended for typhus fever should be resorted to.

When the eyelids swell much, and are inflamed, a blister may be applied behind the ears, or a leech to the temples.

If the throat be much affected and there is difficulty in swallowing, a blister is to be applied to the neck, and gargles of infusions of roses directed.

As debility comes on, recourse must be had to cinchona, wine, and nourishment not so antiphlogistic as in the commencement.

Determination to the head, or chest, or other viscera, requires blisters or mustard poultices to the feet.

Obstinate vomiting, which in this disease often proves both a troublesome and a dangerous symptom, is most effectually allayed by saline remedies, in the act of effervescence, with opium.

Take carbonate of potash, one scruple; camphorated mixture, ten drachms; tincture of opium, four drops; syrup of orange peel, one drachm; make a draught to be taken every four hours, in the act of effervescence, with a large spoonful of lemon juice.

Take camphor, six grains; pulverized opium, half a grain; Spanish soap, six grains; make two pills to be taken every six hours.

In all cases where there is a great propensity to sweating after the eruptive fever has passed by, a cool regimen will be particularly necessary.

Diarrhœa is to be checked only when it is excessive and increases debility.

When the eruption suddenly recedes, or the pocks sink and become very much dimpled, and any alarming symptoms supervene, as rigors, convulsions, or delirium, recourse must be had to wine, opiates, ether, camphor or musk, blisters and sinapisms.

The general conclusions drawn by Dr. Ritzins, of Stockholm, from his observations of small-pox, and the effects of vaccination in Sweden, are these: The protection afforded by vaccina-

tion, from the close of the second year of life, against the contagion of the variolus points, usually lasts unimpaired to the end of the thirteenth year or so; after this period it begins to lose its effect, and gradually becomes more and more uncertain to the twentieth or twenty-first year of life. For the next four or five years, the disposition to the small-pox seems almost to have recovered its original integrity; and this state of liability continues unimpaired up to the age of forty years or so. At about this epoch of life it begins to approach nearer and nearer to the limit of its existence, which it reaches, in the majority of cases, about the fiftieth year—the period when the general revolution of the human body commences to take place.

In Dr. Lort's copy of "Mead *de Variolis*," was written, what was termed, "A curious and infallible preventive against ever catching the Small-pox," as follows: Two spoonfuls of red ochre, such as is used for marking sheep, infused in half a pint of ale, and taken seven mornings successively, fasting.

SEA SICKNESS.

Take as much Cayenne pepper as you can rightly bear, in a basin of hot soup, and, it is said, all sickness, nausea and squeamishness will disappear.

SNAKE BITES.

Take the bark of yellow poplar and bruise it, and make a poultice of it and apply it to the wound, bathing the arm or leg that is bitten with a strong decoction of the same, and let the person afflicted drink half a pint every hour. This is a safe and easy remedy, and will effect a cure in a short time.

Charcoal, made into a paste with hog's lard, is a grand antidote for snake bites. In bad cases it should be changed often. It will probably prove effectual for the sting of bees, and all other similar cases of poison.

SORE THROAT.

Take five spoonfuls of syrup of elder berries, and mix with one spoonful of honey, and as much salt prunel (in powder) as will lie on a ten cent piece: take a tea-spoonful of this as often as you can.

STOMACH.

"I firmly believe that almost every malady of the human frame is, either by highways or by-ways, connected with the stomach. The woes of every other member are founded on

your stomach, and I must own, I never see a fashionable physician mysteriously consulting the pulse of his patient, but I feel a desire to exclaim—Why not tell the poor gentleman at once, 'Sir, you have eaten too much, you have drunk too much, and you have not taken exercise enough?' The human frame was not created imperfect; it is we ourselves who have made it so. There exists no donkey in creation so overladen as our stomach."

ST. VITUS'S DANCE.

Symptoms.—The disease is marked by convulsive motions, somewhat varied in different persons, but generally affecting the leg and arm of one side only. The lower extremity is mostly first affected; there is a kind of lameness and imbecility in one of the legs; and, though the limb be at rest, the foot is often agitated by involuntary motions, turning it alternately outward and inward. In walking, the affected leg is seldom lifted as usual, but dragged along, as if the whole limb were paralytic; and when it is attempted to be lifted, that motion is unsteadily performed, the limb becoming irregularly and ludicrously agitated. The motions of the arm likewise are variously performed, or it is drawn by convulsive retractions in a direction contrary to that intended.

Cause.—General weakness and irritability of the nervous system, occurring between the tenth and fifteenth years of age. It is induced by various irritations; as teething, worms, offensive smells, poisons, affections of the mind, fright, horror, anger.

Prognosis.—It is never attended with danger unless very violent in degree—when fever supervenes, and it often kills. It passes not unfrequently into epilepsy.

Treatment.—The indication is, to increase the tone of the muscular system.

After the administration of an emetic and mild aperient, tonics; especially zincum vitriolatum, cuprum ammoniatum, argentum nitratum, as recommended against epilepsy. Cold bathing and electricity.

Terror has sometimes effected a cure.

The antispasmodics, and other remedies, enumerated under the head of Epilepsy.

SUMMER COMPLAINT.

The leaf of the *bene plant* is highly efficacious in this disease, so prevalent among young children. A single leaf of this plant put into a glass of water immediately produces a beautiful thick

mucilage, which is rendered pleasant by the addition of a small quantity of loaf sugar, and is readily taken by children.

T

TAPE WORM, MADAME NOUFER'S CURE FOR.

Against the tæniæ, or tape worm, most drastic purges have been resorted to. Madame Noufer's remedy is occasionally used with success. She directs as follows:

The day before the patient is to take the remedy, he is to avoid all aliment after dinner, till about seven or eight o'clock at night, when he is to take a soup made thus:

Take a pint and a half of water, two or three ounces of good fresh butter, and two ounces of bread cut in slices; add to this salt enough to season it, and then boil it over the fire to the consistence of panada.

About a quarter of an hour after this, she gives him a biscuit and a glass of white wine, either pure or mixed with water; she even gives water alone to those who have not been accustomed to wine. If the patient has not been to stool that day, or is naturally costive (which is not usual, however, with patients in this way), Madame Noufer directs the use of a clyster.

Take a handful of the leaves of mallows, and boil them in a sufficient quantity of water, mixing with it a little salt, and when strained off, add two ounces of oil.

Early the next morning, about eight or nine hours after the supper, the patient takes the following specific:

Take two or three drachms of the male fern, gathered in autumn, and reduced to a very fine powder, in four or six ounces of water distilled from fern, or the flowers of the lime tree.

It will be right for the patient to drink two or three times of the same water, rinsing his glass with it, so that none of the powder may remain either in the glass or his mouth, in bed; and to avoid the nausea which this medicine sometimes occasions, it will be right for him to chew lemon, or something else that is agreeable to him, or he may wash his mouth with anything he likes, but he must be careful not to swallow anything. He may likewise smell vinegar to check the sickness; but if, notwithstanding all his efforts, the nausea continues, and he is obliged to throw up the specific, it will be right for him to take a fresh dose of it as soon as the sickness is gone off, and then he should try to go to sleep. About two hours after this he must get up, and take a purging bolus.

Take of the panacea of mercury, fourteen times sublimed, and select resin of scammony, each, ten grains; of fresh and good gamboge, six or seven grains; reduce each of these substances separately into a powder, and mix them with some conserve into a bolus.

This is to be taken at one or two different times, washing it down with one or two dishes of weak green tea, the patient walking afterward about his chamber.

When the bolus begins to operate, the patient is desired to take a dish of the same tea occasionally, until the worm is expelled; then, and not before, Madame Noufer gives him broth or soup, and he is directed to dine as is usual after taking physic. After dinner he may either lie down or walk out, taking care to conduct himself discreetly, to eat little supper, and to avoid every thing that is not of easy digestion.

TETANUS, OR LOCKED JAW.

It commences with a sense of stiffness in the back part of the neck, rendering the motions of the head difficult and painful. This is soon succeeded by difficulty of swallowing; pain, often violent, about the breast bone, and thence shooting to the back; rigidity of the lower jaw, which increasing, the teeth become so closely set together, as not to admit of the smallest opening. If the disease proceed further, a greater number of muscles become affected, and the body is forcibly bent either backward, or forward. At length the trunk, limbs and countenance, are distorted to a most painful and shocking degree. A remission of these symptoms occasionally takes place every ten or fifteen minutes, but they are renewed with aggravated force by the slightest causes, even the least motion of the patient, or the touch of an attendant. Finally a general convulsion puts a period to a most miserable state of existence. The duration of lock-jaw is various. The disease is very common in hot climates, and is most frequent when a scorching sun is succeeded by a heavy rain or dew. But besides exposure to sudden changes of temperature, it is often caused by a wound of a nerve or tendon, or by a fractured bone. Give opium in large quantities, as four or five grains every hour, or three drachms of laudanum, every half hour. When the patient can no longer swallow, inject laudanum, a table-spoonful in warm water, every hour, and direct it to be retained as long as possible. With the first dose of opium, give ten grains of calomel, and follow it every six hours by a dose of five grains, till the mouth is affected. Use warm and cold bathing in succession. If the

disease proceed from a wound, enlarge it pretty extensively, and pour into it hot spirits of turpentine, or burn the wound with an iron, brought to a white heat.

In one instance of a locked jaw, which proceeded from a wounded tendon, I succeeded in the cure by the sudden alternation of the hot and cold baths applied frequently, giving opium, and burning the wound with hot spirits of turpentine.

THRUSH, OR APTHA.

Symptoms.—The mouth becomes redder than usual; the tongue swelled and rough; small white scars or pustules invade the uvula, fauces, palate, tonsils, the inside of the cheeks, the gums and lips. They generally commence at the uvula; are sometimes few and distinct, at others numerous and confluent; sending forth a glutinous mucus, which forms in a thick, whitish crust, adhering most tenaciously, and which falls off when the pustules have arrived at maturity without inducing an escar on the parts beneath. The disease sometimes extends to the œsophagus, stomach, and throughout the whole alimentary canal, when mucus is evacuated in large quantities, by stool and vomiting; at others to the trachea and bronchiæ, when it is brought up by coughing. Apthæ sometimes fall off in the space of ten or twelve hours, at others, they remain attached for several days, and often a separation and reproduction takes place a great number of times before the final solution of the disease.

Causes—*Predisposing.*—Cold and moisture; debility.

Exciting.—Most frequently a derangement of the intestinal canal.

Prognosis.—*Favorable.*—The apthæ appearing of a white, pearly color, falling off early, and leaving the parts they occupied clean, red, and moist. Salivation or moderate diarrhœa at the period of separation. When the disease is long protracted, repeated crops are more favorable than the permanence of the original.

Unfavorable.—Then the disease affecting internal parts; producing violent hiccough, oppression, pain referred to the stomach, vomiting and sense of suffocation; the apthæ being, from the first, of a brown color, or becoming so in the course of the disease; their sudden disappearance; the mouth and fauces unusually pallid previous to the eruption; violent diarrhœa; coma; very great prostration of strength; any of the symptoms of putrescency accompanying cynanche maligna.

TREATMENT.—*Indications.*—1. To remove or moderate the concomitant fever.

2. To produce a separation of the apthæ.

The first indication must be fulfilled by the means laid down for the treatment of synocha, typhus fever, and cynanche maligna.

The second, 1. By emeties, when other means are resisted.

2. Gentle laxatives, as manna, rhubarb, and castor oil.

Take best manna, half an ounce; anise-seed water, one ounce; dissolve. Let the child take a pap-spoonful frequently.

Take oil of almonds, five drachms; syrup of roses, ten drachms; mix. Give a tea-spoonful when necessary.

Take best manna, six drachms; powder of rhubarb, half a drachm; infusion of senna, nine drachms; mix. The dose is a pap-spoonful.

3. Copious emollient clysters.

Take oat-meal gruel, three ounces; olive oil, half an ounce; mix. For an injection, to be administered every eight hours

Veal broth, also, with turnips or radishes boiled in it.

4. By tonic and stimulant gargles.

Take decoction of cinchona, two ounces; sulphuric acid diluted, half a drachm; make a gargle.

Take decoction of oak bark, two ounces; gum arabic in powder, one drachm; borate of soda, one drachm; make a gargle.

TOOTH ACHE.

Creosote, one part; spirits of wine, ten parts. Mix, and apply by means of a small piece of lint.

Pulverized alum, mixed with salt moistened with water, and placed on cotton in the hollow tooth, stops the pain.

To prevent tooth ache, rub well the teeth and gums with a hard tooth-brush, using the flowers of sulphur as a tooth powder, every night on going to bed; and if it is done after dinner it will be best; this is an excellent preservation to the teeth, and void of any unpleasant smell.

Use as a tooth powder the Spanish snuff called Sibella, and it will clean the teeth as well as any other powder, and totally prevent the tooth ache; and make a regular practice of washing behind the ears with cold water every morning. The remedy is infallible.

A mixture of honey with the purest charcoal will prove an admirable cleanser of the teeth.

Take of good soft water, one quart; juice of lemon, two ounces; burnt alum, six grains; common salt, six grains; mix. Boil them a minute in a cup, then strain and bottle for use; rub the teeth with a small bit of sponge tied to a stick, once a week.

To cure the tooth ache (when not arising from rheumatism), take two parts of powdered alum, and seven parts of nitric ether. One or two grains are to be inserted into the cavity of the tooth, and repeated whenever the pain returns; in a short time the pain will cease to return, and the chemical action which produces the *caries* (decay of the bone) will cease.

TOOTH POWDER.

One of the commonest tooth powders of the present day consists of pulverized orris root, burnt hartshorn, charcoal, Armenian bole, and dragon's blood; the orris root being used merely to give it a pleasant flavor, and to conceal any disagreeable effluvium emitted from the mouth. But the finest of all dentifrices is the plain camphorated tooth powder; for while the camphor does no injury to the teeth, it instantly destroys those minute creatures which produce the tartar and green incrustation on the enamel. To promote a general cleanliness of the teeth, the fact cannot be too often repeated, that a microscopic observer, M. Mandl, has discovered that not only the foul mucus covering the tongue, but the tartar on the teeth, consists of the dead remains of millions of infusorial animalculæ. Leuwenhoek discovered long ago that the mucous secretion of the human mouth abounded in living specimens of these minute beings: but it remained for M. Mandl to make known that the tartar on the teeth consists of their dead bodies compactly united together in one mass by chemical decomposition. When a portion of this tartar is softened in clear water, and placed under a powerful microscope, it is found to consist of their delicate skeletons. M. Mandl, who is unable to account for their origin in the mouth, says they are most observable in those persons who live on spare diet, and here commends, as the quickest mode of destroying them, the application of a tooth brush dipped in brandy or any other ardent spirit.

TYMPANY, OR WINDY DISTENSION OF THE BELLY.

The wind may collect within the intestines, or without them, in the cavity of the abdomen. In either case, the belly usually, in a few hours, becomes greatly distended, tense and elastic, like a drum-head. Sometimes the swelling is gradual in its progress

and preceded by rumbling of the bowels. There is diminished appetite, thirst and emaciation. Unless the constitution be much impaired the disease is generally curable.

Treatment.—The objects are, 1, To evacuate the air; and, 2, To prevent its re-accumulation.

The first object is gained by heating medicines, as ether, anise-seed, peppermint, cayenne pepper, ginger, nutmeg, &c., and by opium, thus:

Paregoric, two tea-spoonfuls; essence of peppermint, twenty drops; powder of ginger, half a tea-spoonful; mix in sugar, and take every three hours: or, powder of rhubarb and ginger, of each five grains; nutmeg, two grains; opium, half a grain; mixed, to be taken every three hours.

To prevent the re-accumulation of air after it has been once discharged, use tonics, as decoction of bark, and avoid all food apt to produce wind.

V

VARICELLA, OR CHICKEN POX.

Symptoms.—After slight symptoms of fever, as lassitude, loss of sleep, wandering pains, loss of appetite, &c., an eruption appears, first on the back, consisting of small reddish pimples, much resembling the first appearance of small-pox. On the *second* day the red pimples have become small vesicles, containing a colorless fluid, and sometimes a yellowish transparent liquor. On the *third*, the pustules arrive at their full maturity, and, in some instances, very much resemble the genuine small-pox. Soon after, the fluid becomes extravasated by spontaneous, or accidental, rupture of the tender vesicle, and a thin scab is formed at the top of the pock, without pus ever being formed, as in the true variola. Generally, before the *fifth* day, the whole eruption disappears, and no cicatrix or mark is left behind.

W

WORM COLIC.

Worms mostly produce symptoms of colic, and very frequently other symptoms, as variable appetite; fœtid breath; picking of the nose; hardness and fullness of the belly; sensation of heat and itching in the anus; preternaturally red tongue, or alternately clean and covered with a white slimy mucus; grinding

of the teeth during sleep; short, dry cough; frequent slimy stools; emaciation; slow fever, with an exacerbation; irregular pulse; sometimes convulsion fits.

Worms appear more frequently in those of a relaxed habit; those whose bowels contain a preternatural quantity of mucus or slimy matter; in those who live on vegetable food; in the dyspeptic. The eating of unripe fruit is a frequent cause of their production.

It may be distinguished from ordinary colic by the peculiar twisting pain, and retraction of the navel; by the absence of fever, in the early part of the disease; by the pain in enteritis being increased, in colic alleviated by pressure; by the irregular contraction of the abdominal muscles.

The same characteristic symptoms distinguish it from inflammation of other abdominal viscera.

Prognosis.—Favorable.—The pain remitting or changing its situation; discharges of wind and fœces, followed by an abatement of the symptoms.

Unfavorable.—Violent fixed pain; obstinate costiveness; sudden cessation of the pain, followed by more frequent hiccough, great watchfulness, delirium, syncope. cold sweats, weak, tremulous pulse; the pulse becoming peculiarly hard (see Inflammation of the Intestines), and the pain before relieved, now much increased, upon pressure; volvulus: all the symptoms indicating supervening inflammation and mortification, from the accession of which the chief danger arises.

Treatment.—Indications.—1. To relax the spasm. 2. To remove the causes, and procure evacuation.

The first indication requires,

1. Bleeding, if the concomitant strength of constitution and fullness of vessels, with strong pulse, are present; but it is seldom necessary.

2. Carminatives and antispasmodics; opium in large doses, cordial and opiate confection, cardamom, &c.

Take aromatic confection, one and a half drachms; rhubarb, in powder, eighteen grains; peppermint water, twelve drachms; tincture of cardamom, one and a half drachms; syrup of ginger, one drachm. Make a draught.

Take compound tincture of cardamom, three ounces; tincture of opium, twenty drops; syrup of saffron, one drachm; peppermint water, twelve drachms. Make a draught.

Take opiate confection, one half scruple; essential oil of caraway, two drops; powder of rhubarb, sufficient quantity. Make a bolus.

3. Warm bath, and fomentations to the abdomen.
4. Blisters and warm plasters.
5. Opiate clysters.
6. If there be great irritation of the stomach, with frequent vomiting, the saline medicine in an effervescing state.
7. Colic from the presence of flatus, or wind, is often relieved by some aromatic cordial, or a small portion of brandy.

Evacuations must be produced,

1. By cathartics; at first by the more mild, as rhubarb, magnesia, natron vitriolum, castor oil: if these prove ineffectual, calomel united with compound extract of colocynth, especially where there has been bilious vomiting.

WASP STING.

Bind on the place a plaster of common salt just moistened; it will soon extract the venom. In case of swallowing a wasp, which is a most dangerous accident, it should be instantly attempted to get down a spoonful or more of salt, with just water enough to make it liquid. This is a remedy always at hand. Salt and oil would be very useful in such a case, or salt, oil, honey and vinegar, but there is not a moment to be lost in fetching or mixing what may not be close at hand.

WARTS.

The milky juice of the stalks of spurge, or of the common fig leaf, by persevering application, will soon remove warts.

WET CLOTHES.

To prevent danger from wet clothes, keep, if possible, in motion, and take care not to go near a fire, or into any very warm place, so as to occasion a sudden heat, till some time after you have been able to procure dry clothes.

WOUNDS.

To prevent wounds from mortifying, sprinkle sugar on them. The Turks wash fresh wounds with wine, and sprinkle sugar on them. Obstinate ulcers may be cured with sugar dissolved in a strong decoction of walnut leaves.

When a nail or pin has been run into the foot, instantly bind on a rind of salt pork; if the foot swell, bathe it in a strong decoction of wormwood, then bind on another rind of pork, and keep quiet till the wound is well. The lockjaw is often caused by such wounds, if neglected.

THE CHOLERA.

ITS ORIGIN AND HISTORY.

No reasonable doubt can be entertained, that a disease resembling cholera has occasionally been witnessed in every age and country; but that particular form of the affection which is now known as Asiatic cholera, is of comparatively modern origin, and is, undoubtedly, of Asiatic birth. As early as 1762 it prevailed extensively in upper Hindoostan, destroying in its ravages 30,000 negroes and 8,000 of the white population. In 1783 it broke out among the pilgrims, who had assembled in vast multitudes, for the purpose of ablution, at a sacred spot on the banks of the Ganges. It is said to have destroyed not less than 8,000 of these wretched people within the brief period of eight days. In addition to these instances of the prevalence of cholera, it continued to appear occasionally in India, both sporadically and epidemically, from 1762 up to the beginning of the epidemic of 1817, when it broke out in Jessore, which is in that portion of Asia known as Hindoostan. Its first form and manifestation of symptoms, were representative of a sudden and severe bilious colic, which rapidly increased in quickness and intensity, until it ultimated all the concomitants of the more familiarly known epidemic cholera. It continued to afflict the inhabitants of Jessore, and contiguous towns and cities, more or less, according to the revolutions of the seasons and variations of the temperature of the atmosphere, for about ten years, when it proceeded westward; and, in the year 1828, it was developed in many portions of Russia. The disease was new to medical practitioners, and, notwithstanding their individual and combined exertions, it marched onward and westward, and at length appeared in England. This was about three years subsequent to its first appearance in Russia. This caused its first appearance in England to be chronicled in 1831.

It speedily passed from Hamburg to Sunderland, a seaport town situated at the mouth of the river Weare, at which place it appeared on the 4th of November, 1831. It reached Edinburgh on the 27th of January, 1832, and on the 10th of February following it invaded London; and in March of the same year it reached France and Ireland. Calais is said to have been the first place visited in France, which occurred on the 15th of March, 1832, but within the same month it appeared also in Paris. It spread from Paris in every direction, but with different degrees of velocity. Thus its progress from North to South was about one league in twenty-four hours, while from East to West it marched at more than double that speed.

From England we find this frightful disease extending to the New World. Accordingly, on the 8th day of June, 1832, it was manifested at Quebec, and on the 10th of the same month, at Montreal. On the 24th of June, the disease unexpectedly appeared at the city of New York; and it is peculiarly worthy of remark, that all the intermediate towns and provinces on the seaboard, including those of New Brunswick, Nova Scotia, the states of Maine, Massachusetts and Rhode Island, remained up to this period entirely free from the disease. It reached Philadelphia July the 5th.

Spreading westward, Asiatic cholera probably appeared in Cincinnati on the 30th of September, 1832.

ITS CAUSES.

A gross form of the electrical fluid, locally generated, and concentrated in particular places, is the general cause of cholera in the atmosphere and in the human system. The oxygen and nitrogen, which constitute the inhaling medium, contain electricity in disproportionate quantities. Oxygen contains more than any other gas, and this is drawn into the system through the lungs, and, consequently, a large quantity of the unhealthy element also. Thus the body, like other substances and organizations, becomes saturated with it: and this generates a quicker motion among its particles—this heat, and this cholera. It cannot be denied, that uncleanliness and unwholesome nourishment, and predisposition on the part of the individual, occupy an important position in the list of developing causes: but they are as nothing compared to a cold, electrical and negative state of the atmosphere. The immediate and last cause of the fatality in cholera, is a complete paralysis of the pneumogastric nerves—a class of muscular nerves which influence and actuate the functional operations of the lungs and stomach.

ITS SYMPTOMS.

The symptoms of cholera (which signifies *flow of bile*) are very numerous and diverse. They are diverse, because the disease is simple, compound, and different in different individuals.

Asiatic Cholera. Called, also, by different medical writers, *malignant cholera, pestilential cholera, blue cholera* and *epidemic cholera*. This is the fully developed disease. It is sudden in its attack, and is attended with general depression. The patient appears unspeakably distressed. The countenance puts on a leaden, death-like appearance, a crimsoned circle is visible around the eyes, which are sunken and inexpressive. The pulse is high, then feeble, then intermittent, fluttering, wirey, and then is lost to the examining finger. The skin is cold, giving the sensations of the coldness and moisture characteristic of the state of death. In the milder forms, vomiting and diarrhœa begin earlier than in attacks of the cholera in this form. These, however, come on in a few hours, and generally result in overpowering the organic functions in a few hours more, which, inducing a quiet state, carries the patient beyond the sphere of disease.

It is quite unnecessary to dwell upon the symptoms of Asiatic cholera. The principal idea to impress upon the reader is, that all the foregoing indications are embraced in the highest and last form of the complaint, together with almost every symptom that characterizes typhoid or ship fever, and fever and ague—such as tremulousness or shivering, incontinence of urine, or copious discharges and coldness. In truth, *cholera is only, and simply, the opposite of a violent fever.* Fever is the positive state, and cold, or cholera, is the negative state. The former is caused by a superabundance of magnetism in the atmosphere; the latter, by a superabundance of electricity. Magnetism is hot, and electricity is cold. The patient will feel cold to the touch, but is constantly complaining of the intensest heat, and positively rejects the administration of warm applications.

ITS TREATMENT AND CURE.

A number of methods of treatment are given, for the following reasons: 1st, It may not be possible for all to be able to procure the articles required in any one direction; and 2d, Most people have their own peculiar

fancies in relation to the various medical practices. The first mode of treatment is given by Andrew Jackson Davis, the Clairvoyant, who obtained it by *direct inward perception*, or mesmerism; and the celebrated Dr. J. R. Buchanan says of it, "that it is entirely in accordance with the principles of medical science, and the results of experience in America, Europe and Asia."

"As for the individual suffering with an attack of cholera, I am impressed to prescribe the following, which I now admonish every individual to immediately procure: Get two gallons of the best cider brandy; put it into a stone vessel; add to the brandy half an ounce each of carbonate of iron, gum of camphor, gum of kino, and African capsicum. Shake it once or twice during ten days, and place it where it can be easily obtained. Now take a walk into the fields, and find eight smooth, equal sized stones, not exceeding, in size, a six pound cannon ball. Now, if you have no wash-tub sufficiently spacious for a man of your size to sit on a chair in, then I advise you to procure one immediately. Have the jug of *brandy*, the eight *stones* and the *tub*, at all times on hand and available, and you can not only defy the severest form of Asiatic cholera, but you can dispense with the services of the physician. When the patient is attacked with any of the detailed symptoms, place him directly in the tub, divested of clothing, and put about him, secured around the bottom of the vessel, two or three heavy blankets (leaving an aperture to put the hand in); then, having the stones made hot by placing them in the fire, put *four* in the tub, under the chair on which the patient is sitting, and pour on brandy from a pitcher, or some convenient vessel. Let the liquid fall with sufficient moderation on the stones to enable the fumigations to pervade the patient's body. Change the stones as they become cool, or incapable of converting the liquid into steam. This direction being constantly followed, the patient's suffering will soon cease. The griping and convulsions, and, indeed, all the symptoms, will disappear in part or altogether. As soon as the perspiration is visible, give the patient a gill of white brandy, and place him in bed. Thereafter, the most ordinary nursing will restore the sufferer to a state of physical health and harmony. I would again urge the necessity of procuring the above articles, and of keeping the system in a state of cleanliness, and the mind in a state of freedom and happiness."

The following directions and prescription are given by Dr. Buchanan, in his "*Journal of Man*" for February, 1849.

"Commence by an emetic, if necessary, and drink freely of warm stimulating teas—as pepper and ginger—to promote its proper operation. Restore the heat by baths, or hot applications, aided (if need be) by friction upon the limbs. Take, every twenty minutes, a dose of the following preparation or something similar:

Tincture of Capsicum,	1 ounce,
Tincture of Camphor,	1 ounce,
Tincture of Kino, or Catechu,	1 ounce,
Tincture of Opium,	1 drachm,
Aromatic Spirit of Ammonia,	1 drachm.

Let the dose be from a tea-spoonful to a table-spoonful, according to the urgency of the case, and be taken in a hot aromatic tea of spearmint, ginger and cinnamon, to be drunk freely. (If spasms are present, lobelia or ether may be added.)

This course will inevitably arrest the purging, quiet the whole system, and bring on a free, warm perspiration in a very short time. After thus perspiring until the whole state of the constitution has been changed, and the disease effectually eradicated, it may be desirable, next day, to rouse the liver and bowels by a gentle evacuant, such as taraxacum, rhubarb, or aloes; but we must be very cautious, in the use of purgatives, not to expose ourselves to a return of the disease."

The following remedy was communicated to the London Board of Health, by a distinguished British officer, long a resident in India. It is a remedy prescribed by the Arabian doctors, who used it with the most signal success:

"It consists of *assafœtida, opium* and *black pepper*, pulverized. The mode of administering it is described as follows:

The dose for an adult is from a grain and a half to two grains of each, made into a pill. This according as the ingredients are pure or otherwise. If pure, one and a half grains will suffice.

The medicine should be made into pills of one dose each, and kept for use in a phial well closed, as it is of great importance to check the disease the instant of its attack.

The best mode of administering the pill is not by swallowing it whole, lest it be rejected in that state, but by chewing it and swallowing it with the moisture of the mouth, and a very little brandy and water to wash it down. The next best way of administering the medicine is by bruising the pill in a spoonful of brandy and water, and then swallowing it.

Much liquid must not be given; but to relieve the thirst, which is great, brandy and water, by spoonfuls, occasionally, is the best mode.

The dose should be repeated every half or three-quarters of an hour, according to the urgency of the symptoms, until they have been subdued. From three to five doses have generally been sufficient for this, although as many as eight have been given before health has been restored in bad cases.

Should great prostration of strength prevail, with spasm, or without spasm, after the other symptoms (vomiting, purging, &c.) have been subdued, the medicine must not be wholly left off, but given in half or quarter doses, so as to keep up the strength and restore the pulse.

Friction, with stimulating liniment of some kind, ought to be applied carefully to the stomach, abdomen, and legs and arms; and when pain in the stomach has been severe, and there was reason to fear congestion of the liver, eight or ten grains of calomel have been given with good effect.

In cases of collapse and great prostration of strength, application of the tourniquet to the arms and legs has been recommended, in order, as it were, to husband the vital power by limiting the extent of the circulation. This may be tried, using a ligature of tape or other substance, if the tourniquet be not available.

The favorable symptoms of recovery are restoration of the pulse, returning warmth of the body, and sleep; and after being refreshed by sleep, the recovery being complete, a dose of castor oil may be given."

The following was published in London, by the Board of Health, in the fall of 1848, as the best remedies then known—but all agree in urging the necessity of procuring immediate medical aid as soon as the symptoms present themselves:

The Anti cholera Pills:

Take 4 grains of calomel,
1 grain of ipecacuanha powder,
1 grain of extract of opium—
Make into two pills.

Keep them in the house ready for use, and, to prevent mistakes, write on the box, "anti-cholera pills."

Do not give these pills to children; but give instead, in sugar and water, one drop of tincture of opium for each year of their age; under twelve years of age, give one grain of calomel; but if above that age, the quantity must be increased.

This is a very powerful medicine, and is recommended only because the disease does not admit of delay in the use of effective remedies. If these pills should be rejected by the stomach, you must repeat them until they are retained.

In two hours afterward, take the medicine in the following prescription, which, from its adaptation to the cholera, may be termed

The Anti-cholera Powder:

Take Prepared chalk, 1 ounce,
Aromatic confection, 1½ drachm,
Powder of gum Arabic, 2 drachms—

Take a tea-spoonful for a dose, in a wine-glassful of milk and water, to which add a tea-spoonful of compound tincture of rhubarb, and ten drops of laudanum. This dose should be repeated every time the bowels act.

In the case of children, the quantity should be reduced, and the laudanum omitted.

The patient should *lie down* in bed, and avoid exertion as much as possible.

Care should be taken to keep the feet warm, by a plentiful supply of warm flannels, and by bottles of hot water.

An embrocation of heated spirits of wine should be rubbed over the feet and legs, and large mustard poultices placed on the stomach and bowels.

There is no necessity to deny the use of cold water, for which there will be a violent thirst; indeed, some recoveries are said to have followed simply from drinking cold water.

Should the patient advance to the blue stage, the most powerful means must be employed; but from their character, they can be safely used only by a properly qualified medical practitioner. The design of these directions is not to intrust the life of the sufferer to unskillful hands; and they are given in the firm conviction that, if carefully followed, they will assist to save great numbers from the advanced and more dangerous stages of the disease.

Report of a case of Cholera treated successfully by Rectified Oil of Turpentine, administered internally as a Specific. By Richard Brown, Esq., Surgeon, *Cobham, Surrey, November*, 1848.

October 26th.—A. E——, aged fourteen, having suffered from severe bowel complaint, presented all the symptoms of cholera in the stage of collapse. The bowels acted incessantly, and anything taken into the stomach was immediately rejected; the pain around the umbilicus was intense, attended with severe cramps of the legs; the pulse exceedingly small and scarcely perceptible; tongue coated in the center, and flabby; the sur-

face of the body much below the natural standard; the countenance of a blue cast, and expressive of the greatest anxiety; so decided, indeed, was the symptom, that I considered the case almost without hope. But I had determined to treat the first case of cholera that occurred in my practice with rectified oil of turpentine, given internally, the active principle of which—camphogen—possesses stimulating, diuretic, diaphoretic, sedative, anti-spasmodic, anti-putrescent properties. I administered immediately one drachm of it, combined with mucilage and aromatics, directing it to be repeated every two hours, and ordered the patient to be kept warm, and to take meal broth with an excess of salt. A tea-spoonful of brandy, or more, would be a good adjunct to each dose of the medicine, should it produce nausea or vomiting.

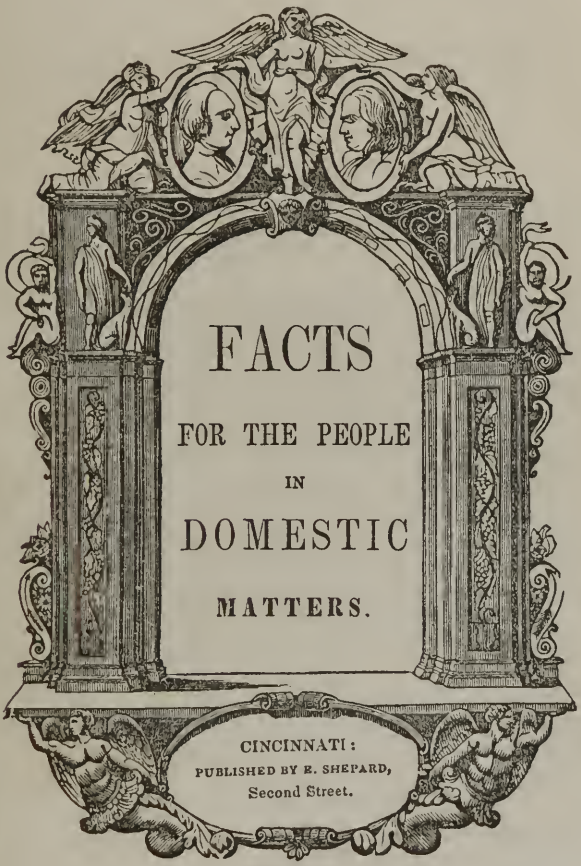
In the evening of the same day I found all the symptoms mitigated; the purging and vomiting had ceased, the pulse was raised, the surface of the body warm and perspiring, the pain around the umbilicus diminished, and the cramps were less violent, but the countenance still bore the appearance of great anxiety. The turpentine mixture to be continued every four hours.

27*th*.—Continues to improve; much of the anxiety of countenance had vanished, but the pain in the belly and cramps of the legs still remain, although much relieved. I desired the mixture to be taken at intervals of six hours, and ordered two grains of calomel, as the bowels had not acted.

28*th*.—Much better; no pain in the belly nor cramps in the legs, and does not feel sick from the turpentine, which can be easily detected in the urine, in the evacuation, which is semifluid, and in the skin also. The patient says she smells of turpentine. Discontinued the medicine.

29*th*.—The patient is up, and although exceedingly weak, there is no trace of any alarming symptom remaining. The bowels have acted, and the evacuation is more healthy. A mild tonic and alterative plan of treatment was all that was necessary to restore the patient to her usual health, and she is now well.

In some observations on this case, Mr. Brown remarks: Turpentine hitherto has been employed as an auxiliary, applied externally to the abdomen, and occasionally administered as an enema, or by the mouth; but I have not observed one instance in which this remedy has been resorted to alone, and in the light of a specific in the treatment of cholera. It was with this view, however, I prescribed it, and in sufficient quantity to insure its full effect, and the result is such as to urge me to recommend a fair trial of it, as the sheet-anchor; for its power of arresting the morbid changes of the blood in this disease is without a doubt in my mind.



FACTS

FOR THE PEOPLE

IN

DOMESTIC

MATTERS.

CINCINNATI:
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FACTS IN DOMESTIC MATTERS.

FIRES.

Coke and charcoal fires are free from smoke, because the moisture has been previously dissipated; this moisture producing the smoke of coal fires.

Too much coal on a fire causes a chimney to smoke, because, when the heat begins to operate on the coal, gas is extricated; this gas carrying some of the grosser particles along with it, a heavy smoke is thrown out, which will not rise in the chimney, but by its own gravity is forced back into the room; on which the warm air of the apartment being lighter than what comes in, instantly ascends toward the ceiling, and the lower part becomes cool. But if a portion of the fuel is taken off, then the small quantity of active calorie, or heat, acts with greater force on the unconsumed coal, brings out its latent or inactive heat more rapidly, thereby producing a quicker decomposition of the gases; by the increasing combustion the smoke becomes thinner and lighter; and though it carries up more caloric with it proportionally than before, yet the quantity of radiant heat is greater, and the temperature of the apartment is more equalized.

Some chimneys smoke, because the wind is too much let in at the mouth of the shaft, or the smoke is stifled below; or there is too little room in the vent, particularly where several open into the same funnel. The situation of the house may likewise affect them, especially if backed by higher buildings.

A common coal fire is often extinguished long before the fuel is all expended, because the fire or flame, left to itself, is so small that it does not produce heat enough to maintain the inflaming temperature of the substance; and the remnants are not gathered together to reduce the surface of wasteful radiation.—*Arnott.*

Water thrown on a brisk and flaming fire apparently increases the combustion, because the water is converted into steam, which expanding and mixing with the flame, causes it to spread out into a much larger volume than it otherwise would have occupied.—*Arnott.*

Sunshine extinguishes a fire, because the rays engage the oxygen which had hitherto supported the fire.

A fire burns briskly and clearly in cold weather, because the air, being more dense, affords more nourishment to the fire.

It is wasteful to wet small coal, because the moisture, in being evaporated, carries off with it, as latent, and therefore useless, a considerable proportion of what the combustion produces. It is a very common prejudice, that the wetting of coal, by making it last longer, effects a great saving; but, in truth, it restrains the combustion, and for a time makes a bad fire; it also wastes the heat.

A poker laid across a dull fire will revive it, because the poker receives and concentrates the heat, and causes a draught through the fire.

Flour of sulphur thrown into a fire-place extinguishes a chimney when on fire, because, by its combustion, it effects the decomposition of the atmospheric air, which is, consequently annihilated.

Certain furnaces consume their own smoke, because the smoke or flame of fresh fuel, on its way to the chimney, passes through, over, or among, fuel, which having already been converted into coke or charcoal, had ceased to smoke; by which expedient the grosser parts of the flame or smoke are consumed, or converted into pure flame free from smoke.

Strong flames are often seen at the chimney-top of foundery furnaces, because the heat of the furnaces is so great that the smoke burns on reaching the oxygen of the atmosphere.

It is evident that coal is derived from vegetation, because there are few coals but that present more or less of a woody texture: to be traced from the bitumenized wood, which still bears, though approaching in its nature to coal, the trunk, the branches, and even the very leaves of trees, through all the varieties of coal, into the most compact slaty kind, of the oldest formation.—*Bakewell.*

Charcoal is sometimes found among coal, because the slate which covers the coal layers takes fire in consequence of its containing sulphur in such minute division, as readily to attract oxygen and inflame; thus converting vegetable remains into charcoal.

Charcoal and coke are obtained in closed vessels, because the wood and coal from which they are obtained, if similarly heated in the air, would burn or combine with the oxygen of the air; but heated in a vessel or place which excludes the air, they merely give out their more volatile parts.

Fatal accidents often happen from the burning of charcoal in chambers, because of the abundance of carbonic acid gas extricated during the combustion.

Long, shallow stove-grates are uneconomical, because the body of the coal is not soon heated, and requires to be oftener replenished, to keep up the fire.

The extreme heat of stoves for heating rooms is pernicious to health, because if the temperature be thus raised much higher than 300° Fahrenheit, the animal and vegetable matter which is found mechanically mixed at all times with the air, will be decomposed, and certain elastic vapors and fluids produced, of a deleterious quality and peculiar smell. The matter here alluded to is very visible to the naked eye in a sunbeam let into a dark room.

Flint and steel when struck together produce a shower of sparks, because small portions of one or both are struck off by the violence of the collision, in a state of white heat, and the particles of the iron burn in passing through the air: in a vacuum the heated particles are equally produced, but are scarcely visible from this combustion not occurring. In both cases they suffice to inflame gun powder, or to light tinder.

EFFECTS OF HEAT.

If you stick a pin in a rushlight it will extinguish it, because the pin conducts away so much heat that the tallow will not melt or rise in the wick.

Those parts of the curtains of a room which have been exposed to the sun are often faded, while those parts which have not been so exposed retain their original colors, because the oxygen, which existed in a solid form in the dye of the curtains.

will be rendered aeriform by the rays of the sun, and will go off in the state of oxygen gas.

Meat screens are lined with tin, because the polished metal reflects the heat upon the roasting meat, and thus expedites the cooking, independently of the screen itself protecting the joint from currents of air. On this account screens, entirely of tin, are calculated for expeditious cookery.

Thin glass tumblers are less liable to be broken by boiling water than thick ones, because the heat pervades the thin vessels almost instantly, and with impunity, whereas thicker ones do not allow a ready passage of heat.

A glass stopper, sticking fast in the neck of a bottle, may be released by surrounding the neck with a cloth taken out of hot water, or by immersing the bottle up to the neck, because the binding ring is thus heated and expanded sooner than the stopper, and so becomes slack or loose upon it.

Straw or flannel prevents the freezing of water in pipes during winter, because it is a slow conducting screen or covering, and thus prevents heat passing out of the pipe. By the same means the heat is retained in steam pipes.

Some houses have double windows, because the air inclosed between the two windows greatly prevents the escape of heat which is produced within the house in winter. Thus. air is an imperfect conductor of heat. Houses which have double windows are likewise more quiet than others, from the air being also a bad conductor of sound.

EVAPORATION.

A decanter of cold water, when brought into a warm room, is speedily covered with dew, because the temperature of the decanter is lower than that of the air immediately around it. The dew may be wiped off again and again, but will be constantly reproduced till the temperatures are equal. Upon this principle, the most convenient sort of hygrometer, or instrument for measuring the quantity of vapor in the atmosphere, is constructed.

Profuse perspiration is cooling to laboring men, and all evaporation is productive of cold, because of the necessity of a large quantity of caloric being combined with the fluids, to convert them into vapor or gas.

Persons take cold by sitting in wet clothes, because they suddenly lose a large portion of heat, which is carried off from the body by the evaporation of the water from the clothes.

In hot countries, persons continually throw water on curtains which there form the sides of the apartments, because the evaporation of the water absorbs a vast deal of heat, and makes the apartments cool and refreshing

WATER.

Lime is most generally contained in natural waters, because there are few springs which, during some part of their subterranean course, do not come in contact with calcareous earth, and there is no substance which appears so readily soluble in a variety of menstrua. The presence of lime uncombined in any natural waters is, however, conjectural.

Ice and snow waters are of superior purity, because they contain no gas or air, or saline substances, such having been expelled during freezing.

The taste of common water is pleasing and refreshing, because of the gases (carbonic acid and common air) which it contains.

The best water exhibits the greatest number of air bubbles, when poured into a glass, because it contains the greatest quantity of carbonic acid gas, in addition to its proportion of atmospheric air.

Air bubbles in a glass of water dilate as they rise from the bottom to the surface, because the pressure of the liquor becomes less and less upon them.

Some water is hard, because it contains calcareous salts, with carbonate and sulphate of lime; one grain of the latter, contained in two thousand grains of soft water, being sufficient to convert it into the hardest water that is commonly met with.—*Brande.*

Hard water is subject to become putrid, and generally turbid, because of the vegetable or animal matter which it contains; and from the suspension of earthy impurity; when drunk, it is flat, from the absence of air.—*Brande.*

Potash or soda renders hard water soft, because a decompo-

sition is thus effected, and the carbonate of lime, a very insoluble salt, precipitated.

Hard water is ill adapted for washing, because it contains sulphate of lime, which, by a double decomposition separates the materials of soap.

River water is much softer and more free from air and earthy salts than spring water, because river water, by the agitation of a long current, and in many cases an increase of temperature, loses both common air and carbonic acid, and, with the last, much of the lime or magnesia which it formerly held in solution. The specific gravity hereby becomes less, the taste not so harsh and agreeable; and out of a hard spring, by mere exposure to the atmosphere or the action of the soil, is often made a stream of sufficient purity for most purposes where soft water is required.—*A Booth.*

Filtering stones are usually made of porous free-stone, because they are the nearest imitation of the natural process by which the purest waters rise through sand or silicious rock.

The temperature of cold springs are in general pretty uniform, because they take their origin at some depth from the surface, and below the influence of the external atmosphere.

The same spring water which appears warm in winter is deemed cold in summer, because, though always of the same heat, it is in summer surrounded by a warmer atmosphere and warmer objects.

Leaden cisterns are unsafe for holding water for culinary purposes, because if the water has stood in them for several days undisturbed, a small coating of white rust may be seen at the upper edge of the water. On every fresh addition of water this rust is washed off; and, if there be the slightest degree of acidity in the vessel, the rust of lead will be dissolved in the water, and thus an insidious poison will be conveyed into the stomach. This rust, or oxide, as it is chemically called, is produced by the lead combining with the oxygen of the water.

Water pipes, bottles, &c., often burst by water freezing in them, because of the expansion of the particles of the water, which, when they crystallize and assume the solid state, unite by certain sides in preference to others, arranging themselves

so as to require more space—and having numerous vacuities, the bulk of the whole must necessarily be enlarged.

Ice is lighter than water, because of the air-bubbles produced in the ice while freezing.

It is difficult to pour from a vessel which has not a projecting lip, because, in pouring water from a mug or bottle lip, the water does not at once fall perpendicularly, but runs down along the inclined outside of the vessel, chiefly in consequence of the attraction between this and the water.

BOILING.

Water boils in a vessel on a fire, because the parts of the liquid next the fire get heated, and rise up through the colder parts which are heavier; and this is found to be the principal manner of communicating heat to all parts of a liquid; for, if the heat is applied at the top, it can only with great difficulty be conducted through the liquid either sideways or downward; but when applied below, the parts, as they are heated, become enlarged and lighter; they rise to the top, and heat the others in their progress, while those others, being still somewhat heavier, sink down, and are heated fully in their turn. By degrees, the whole liquid gets so hot that the parts next the bottom are converted into steam or vapor, which rises through the rest of the liquid in bubbles to the top, and there flies off till the whole liquid is evaporated.

A tea-kettle should be removed from the fire when the steam from it appears cloudy, because the water is then beginning to be condensed—the steam when the water first boils being perfectly transparent.

The bottom of a tea-kettle should be black, and the top polished, because the bottom has to absorb heat, which is aided by rough and blackened surfaces; and the top has to retain heat, which is ensured by polished ones.

A crust is frequently seen on the inside of tea-kettles and boilers, because of the hard water boiled in them, which holds in solution carbonate of lime, but being long boiled, the latter is no longer soluble, and becomes precipitated.

Water when boiled is mawkish and insipid, because the gases which it contained have been expelled by boiling.

Hard water by boiling is brought nearly to the state of soft, because it is freed from its gases—and its earthy salts and substances, by which its hardness was produced, are precipitated.

Water which has been deprived of air by boiling, freezes more readily than unboiled water, because of a slight agitation upon its surface occasioned by the attraction of air.—*Black.*

The water with which gold and silver fish are supplied should not be boiled, because the water is then deprived of its atmospheric air, and no animals can live in it.

It is wasteful to put fuel under a boiling pot, with the hope of making the water hotter, because water can only boil, and it does so at 212° of the thermometer.

BREAD-MAKING.

Wheat is more nourishing than other grain, because it contains a larger quantity of gluten, which is an extremely nutritive substance.

Rice is a good substitute for wheat flour, because it contains a great deal of nutriment in a small compass, and does not pass quickly off the stomach.

A stiff dough of flour and water soon turns sour, because the water undergoes the acetous fermentation, and becomes vinegar.

Yeast is used in making bread, because it lightens it by inflating the dough in all parts with fixed air, or carbonic acid.

Brown bread is recommended to invalids, because it is of an aperient nature, from the bran which it contains possessing a resinous purgative matter.

Salt is used in making bread, because of its flavor, and causing the dough to rise better, and its stiffening the clammy dough made from new flour, and giving it a fair color when otherwise it would be foxy.

Alum is used in making bread, because it is said to whiten ill-colored flour, and to harden and whiten bread made from flour which has been malted. By fraudulent persons it is used as an adulteration: for a large quantity of it added to the dough enables it to absorb, conceal, and retain much more water than it otherwise would. Bread made from such dough will come

out from the oven much heavier than it ought, and the additional weight will be merely water. Two adhering loaves of such bread will generally separate unevenly, one taking more from the other than its share.—*Donovan.*

MEAT AND SOUPS.

Meat is preserved by drying, because all bodies, to ferment, must be more or less moist. Thus, a piece of meat, with all its natural juices, will soon putrify; whereas bodies completely dry cannot be made to undergo any kind of fermentation.

Smoked provisions keep better than those which are dried, because of the impregnation of pyroligneous acid which the former receive from the smoke; turf smoke being generally employed; and turf, by distillation in close vessels, affording pyroligneous acid.—*Donovan.*

Charcoal prevents meat, &c., from becoming tainted, because it absorbs the different gases of putrefaction, and condenses them in its pores, without any alteration of their properties or its own.

Baking is the least advantageous of all modes of cookery, because meat thus dressed loses about one-third of its weight, and the nourishing juices are then, in great measure, dried up. Beef in boiling loses twenty-six pounds in the hundred; in roasting it loses nearly one-third.

SPIRITS.

Spirits are heaviest in winter, because they expand and become lighter by means of heat, in a greater proportion than water.

Strong spirit, when mixed with water, has a milky appearance, because of the precipitation of the oil in the spirit.

New spirit is better stored in wood than in glass or earthen vessels, because wood mellows the raw flavor of the spirit, which glass or earthenware never improves.

All spirit has a "whisky smell," because of a small quantity of fixed oil, from the barley which it contains.

Irish and Scotch whisky has a smoky flavor, because turf is used in drying the malt from which it is distilled.

Some brandy is of darker color than other, because of the addition of burnt sugar, or from some matter dissolved away from the timber of the cask which contains it. Pure brandy, like any other pure spirit, has no color.

French brandy is only exported in oak casks, because when exported in chestnut casks, although shipped of a strength above proof, it has, when it arrived in Holland or Germany, been found considerably under proof.

A piece of potash dissolving in spirits of wine, proves it to be adulterated, because so strong is the attraction of the basis of potash for oxygen, that it thus discovers and decomposes the smallest quantity of water in the spirit.

Workmen employed in cellars and distilleries appear habitually intoxicated, because the vapor of alcohol, copiously inhaled in their lungs, produces the same effects as if it had been swallowed. This kind of intoxication is, however, transitory, and disappears when the person is brought into the open air.

VINEGAR.

Vinegar is best made from wine, because it contains less glutinous and mucilaginous matter than that prepared from malt or sugar.

"Mothering" is produced in vinegar, because of the vegetable gluten it contains which then begins to putrefy.

In making vinegar the casks should be only half filled, because a large surface of the liquor may be exposed to the atmosphere, from whence the oxygen is to be derived to acidify it.

Vinegar is boiled for pickling, because the heat coagulates the impurities, which, when cooled, may be separated by straining.

FISH.

Salmon and other fish are preserved in summer by being packed up in boxes with ice. Because, although, at a certain not very elevated temperature, dead animal substances putrefy, when nearly their whole substance rises again to form part of the atmosphere, still, at or below the temperature of freezing water, they remain unaltered for any length of time.

Many shell-fish are imagined to be poisonous, because most shell-fish are indigestible, and from the indisposition caused oc-

casionally by eating them, has arisen the idea of their being poisonous.

FRUIT.

Grapes should hang on the vine until they are perfectly ripe, because unripe bunches never get any riper after they are gathered.

Grapes should be eaten soon after they are gathered, because, unlike other fruits, grapes do not improve in flavor after gathering.

An apple, when cut, first appears white, and after a time brownish, because a fermentation arises from the rest of the fruit absorbing the oxygen of the atmosphere; the apple having previously been, by its tough skin, protected from the contact of the air.—*Donovan.*

Raspberries should be eaten from the bush, because their flavor is the most fleeting of all fruit. Even a few hours will diminish it, and on the bush the flavor does not continue above two or three days after the fruit is ripe. If kept for two or three days when gathered, the flavor is almost entirely gone.

Chestnuts are best preserved through winter in sand, because if there be any maggots in the chestnuts, they will come out, and work up through the sand to get air.

Fern is preferable to straw for the bed between the layers of fruit, because it does not impart that musty flavor which is so often produced by the straw.

The autumnal fruits, as plums, pears, &c., are more crude and indigestible than those of summer, because, in part, of the state of the constitution. Thus, at the commencement of summer, the system is more nerved and braced by the atmosphere of winter and spring, and by the drier food which necessity obliges us to take at those seasons; so that the cooling fruits of summer are wholesome from their opening the bowels, &c. But it is not wonderful that a continuance of watery and innutritious food, like fruit, should, toward the autumn, produce debility in constitutions partly predisposed to it, by the continual and relaxing heat of the summer months.

VEGETABLES.

Juicy vegetables should be kept in heaps in damp places, because they are then preserved moist; but if spread out, the air soon causes them to shrivel.

Kitchen vegetables, as peas, French beans, &c., are sometimes difficult to boil soft, because of the great quantity of gypsum imbibed during their growth, and not on account of the coolness of the season, or rains, as has been generally supposed: to correct this throw a small quantity of subcarbonate of soda in the saucepan with the vegetables, the carbonic acid of which will seize upon the lime in the gypsum, and thus free the vegetables from its influence.

Potatoes and similar roots should be stored with the earth adhering to them, because they are thus kept damp, whereas by removing the earth, the little fibres by which it is retained are wounded, and the evaporating surface is increased.

Potatoes are the most nourishing of all vegetables, because of the quantity of starch they contain. Salop, tapioca, and sago, chiefly consist of starch, and are proportionally nutritious.

Frost-bitten potatoes are sweet, because of the spontaneous conversion of the starch they contain into sugar.

Potatoes are unfit for cooking when they begin to spring, because their ecula or starch then becomes sweet.

Mealy potatoes are more nutritious than those which are waxy, because of the greater quantity of starch which they contain. Thus, a microscope shows a potato to be almost entirely composed of cells, which are sometimes filled, and sometimes contain clusters of beautiful little oval grains. Now, these little grains remain unchanged in cold water, but when it is heated to about the degree that melts wax, they dissolve in it, and the whole becomes a jelly and occupies a larger space than it did in the form of grains. When a potato is boiled, then each of the cells becomes full of jelly, and if there be not a great quantity of starch in the cells it will not burst. But if the number of grains or their size be very great, the potato is broken on all sides by the expansion of the little masses of jelly, and mealiness is produced.

Many persons become sleepy after eating lettuce, because it contains a milky juice, which, like opium, is narcotic.

Water-cresses should be carefully picked in washing, because a dangerous plant grows mixed with them in springs and streams, which, when not in flower, much resembles the cresses. Water-cresses are, however, of a deeper green, and sometimes spotted

with brown, the extremities of the leaves are more brown, and especially the last leaves, which are undulated at their edges. The dangerous plant (water parsnep) is of an uniform green, the end of its leaves are longer and narrower, conical at the extremities and toothed at the edges. If examined in July, when the flowers are expanded, the two plants may be thoroughly distinguished.

Wholesome mushrooms differ from other fungi, because, when a fungus is pleasant in flavor, it is wholesome; if, on the contrary, it have an offensive smell, a bitter, astringent, or styptic taste, or is even of unpleasant flavor, it is unfit for food. Color, figure and texture cannot be relied on; yet the pure yellow, gold color, bluish pale, dark or luster brown, wine red, or the violet, belong to many that are eatable; while the pale or sulphur yellow, bright or blood red, and the greenish, are generally poisonous. The safe kinds have mostly a compact, brittle texture; the flesh is white; they grow more readily in open places than in damp or wood-shaded spots. In general, those may be suspected which grow in caverns, on animal matter putrefying, as well as those whose flesh is watery.—*Brande.*

Seeds grow in sand, or on moistened flannel, because of the air, warmth, and water which they receive—the use of soil being quite secondary to the growth of seeds generally; although the soil at length becomes the proper means, by which alone the plant can arrive at perfection.

PLANTS IN ROOMS.

Plants will not flourish in close rooms, because they require fresh and constant supplies of oxygen, of which there is but comparatively little in the atmosphere of the room.

Flowers in water, and living plants in pots, should not be kept in bedrooms, because the flowers and plants greatly injure the purity of the air during the night, by giving out large quantities of carbonic acid, similar to that which is separated from the lungs by breathing, which is highly noxious. There are instances of persons who have incautiously gone to sleep in a close room, in which there has been a large growing plant, having been found dead in the morning, as effectually suffocated as if there had been a charcoal stove in the room.

A parlor window is not an eligible place for bulbous roots in glasses, because it is often too warm, brings on the plants too

early, and causes them to be weakly. They should, however, be kept moderately warm, and near the light.

SPICES, &C.

Black differs from white pepper, although produced from the same plant, because the *black* is well garbled and clean, having stalks, bad grains, and other impurities taken out, and, when dry, assumes a dark appearance: divested of its external coat, by steeping the grains in water, and afterward drying them in the sun, rubbing between the hands, and winnowing—it is termed *white* pepper.

Cloves appear like buds, because they are the flowers of a tree before their expansion. The fruit is a very different thing, and quite unknown in commerce.

Pimento is called allspice, because the berries smell and taste like cloves, juniper berries, cinnamon, and pepper, or rather a mixture of them all. The leaves and bark of the allspice tree are full of aromatic inflammable particles, on account of which the growers are extremely cautious not to suffer any fire to be made near the walks, for if it once catch the trees, they consume with great rapidity.

Arrow-root is so called, because the Indians use its juice as a remedy for wounds inflicted by poisonous arrows. It is also considered an excellent remedy for the stings of venomous insects.

There are different qualities of arrow-root, because of the number of washings it has had for bleaching it. When well-washed with good water, it is nearly as white as the potato starch; but, by much washing, its glutinous quality is diminished, and it is consequently rendered less nutritious. The second quality, which is equally pure, although not so white, affords the strongest jelly, and, therefore, as a food for children, should be preferred.

Potato flour differs from arrow-root, because it is whiter, softer to the touch, and more shining to the sight, than arrow-root; and though, with boiling water, it forms a good jelly, in twelve hours it becomes nearly as thin as milk, and is apt to turn sour.

Rice should be kept in large piles or quantities, because the heat will not then allow insects to live in the inside of the heap;

consequently, the great wastage takes place at the outside surface. Keeping rice, therefore, for any length of time, either in small piles or in bags, is ruinous.

CONFECTIONERY.

Fruits are preserved by simply putting them in bottles made air-tight, because the oxygen of the atmosphere, which causes all vegetable juices to ferment, is then excluded, except such oxygen as is inclosed within the bottle; this, from its contact with a fermentable substance, is changed into an equal bulk of carbonic acid gas, and all further action ceases.

Eggs are used for clarifying syrup, because the albumen, or white of the egg, being coagulated in boiling, combines and rises in a scum with the dregs, when cold. The juice of the fruit of the ochra, according to Dr. Clarke, contains liquid albumen in such quantities, that it is employed in Dominica as a substitute for the white of eggs, in clarifying the juice of the sugar cane.

Rich cakes keep good for a long time, because in making them, water is not used, which would soon turn sour; and sugar, of which they contain much, will not ferment unless it be dissolved in water.

Ginger beer is the most refreshing of all summer drinks, because it retains its carbonic acid for a length of time in the glass; and ginger has this remarkable property of occasioning a high, close, creamy head upon all effervescing liquors.—*Donovan.*

MAKING TEA.

The distinction in the appearance, qualities and value of tea is, because of the difference in the times of gathering, which takes place from one to four times in each year, according to the age of the plant: those leaves which are gathered earliest in the spring, make the strongest and most valuable tea, such as pekoe, souchong, &c.; the inferior, such as congou and bohea, are of the latest gatherings; green or hyson can be made of any of the gatherings, by a different mode of drying. The first gathering of the leaves begins about the middle of April, and continues to the end of May; and the second lasts from midsummer to the end of July; the third takes place during the months of August and September.

Fine green tea is called hyson, because it was first imported into England by an East India merchant named Hyson.

Tea is kept by the Chinese a year before it is used, that it may lose the narcotic principle which it possesses in its natural state.

A polished metal tea-pot is preferable to one of earthenware, because the earthen pot retains the heat only one eighth of the time that a silver or polished metal pot will; consequently, there will be a corresponding difference in their fitness for extracting the virtues of the tea.

A silver, or metal tea-pot, when filled a second time, produces worse tea than the earthenware vessel, because the heat retained by the silver, or metal vessel, so far exhausts the herb, when the water is first poured in, as to leave very little soluble substance for a second infusion; whereas, the reduced temperature of the water in the earthenware pot, by extracting only a small portion at first, leaves some soluble matter for a second infusion.

It is advisable to pour boiling water into the tea-pot, before the tea is "made," because the vessel, being previously warm, may abstract less heat from the mixture, and thus admit a more powerful action. It is recommended to add only a small quantity of boiling water at first, because only the water in immediate contact with the herb can act upon it; and it cools very rapidly, especially in earthenware vessels: it is, therefore, clear, that the effect will be stronger where the heat is kept up by additions of boiling water, than where the vessel is filled at once, and the fluid suffered gradually to cool.

A strong infusion of green tea is an effectual poison for flies, because of the prussic acid it contains.

COFFEE.

Coffee is so seldom well made, because, 1st, The berries are over-roasted, their proper color being that of cinnamon; 2d, The coffee is ground too fine; 3d, Not enough coffee is used; 4th, It is usually over-boiled, by which means the bitter principle is extracted from the berries.

TOBACCO.

There is a distinction between strong and mild tobacco, because of the operation of *topping*, or cutting off the flower to prevent the plant from running to seed. Thus, if *mild* tobacco be wanted, the plant is topped when it has from eighteen to twenty leaves; if it be done when there are fifteen leaves,

the tobacco will be of moderate strength; and if there are only eleven or twelve, it will be remarkably *strong*. The Haytian word *tobacco* appears to be the only one that is the same in all the dialects of the old world.

Smoking tobacco is an agreeable recreation, because the smoke, merely drawn into the mouth, without being inhaled into the lungs, acts powerfully on the nervous system, and produces the effects of a narcotic. The chewing of tobacco has a similar influence.

BUTTER, CHEESE, POULTRY, &C.

Lime is important in the shells of birds' eggs, because the body of the egg contains neither phosphoric acid nor lime, both of which are requisite for the bones of the bird; it was necessary, therefore, that nature should provide means of furnishing both these substances, which it does at the expense of the shell; this becoming thinner and thinner during the whole time of incubation, till the living embryo has appropriated a sufficient quantity for the formation of its bones. Part of the albumen combines with the shell for this purpose, and another portion forms feathers.

Fowls, if kept confined, lay their eggs without shells, because they cannot then get at any earth which contains the material requisite for the shell. Dr. Paris (in the *Linnæan Transactions*) shows that if the legs of hens be broken, they will lay their eggs without shells until the fracture is repaired; nature employing all the lime in circulation for the purpose of re-uniting the bones.

Eggs are preserved by rubbing them with butter, because the butter closes the pores in the shell, by which the communication of the embryo with the external air takes place. The embryo is not, however, thus killed. Varnish has a similar effect. Reaumur covered eggs with spirit varnish, and found them capable of producing chickens after two years, when the varnish was carefully removed.

CLOTHING.

A flannel covering keeps a man warm in winter, and ice from melting in summer, because it both prevents the passage of heat from the man, and to the ice.

It is advisable to wrap up the neck, face, &c., from the cold night air, because the wrapping, especially if woollen, receives a

portion of caloric or heat from the breath, at each expiration, which portion is communicated to the current of air rushing into the lungs at each inspiration.

The sea air changes black hats, clothes, &c., to a rusty brown, because of the iron contained in the dye. Most, if not all, of the usual black colors, have iron for a basis, with galls, logwood, or other substances containing gallic acid. Now, the sea air contains a proportion of the muriates over which it is wafted; and these coming into contact with anything dyed black, part with their muriatic acid, and form the brown or red oxide, called rust. The gallic acid, indeed, from its superior affinity, has the strongest hold on the iron; but the incessant action of the sea air, loaded with muriates, partially overcomes this, in the same way as any acid, even of inferior affinity to the gallic, when put upon black stuff, will turn it brown.

Loose clothing is warmer than such as fits close, because the quantity of imperfectly conducting air thus confined around the body, resists the escape of animal heat.

Cotton is warmer than any other fibrous threads, because the fibres of cotton, when examined by the microscope, will be seen to be finely toothed: this explains the cause of their adhering together with greater facility than the fibres of other species which are destitute of teeth, and which cannot be spun into thread without an admixture of cotton.

Oiled silk, or other air-tight covering, laid on a bed, preserves greater warmth than an additional blanket or more, because the oiled silk prevents the ventilation of the person by the slow passage of air, as through the texture of the blanket.

Worsted differs from yarn, because separate threads of wool are more twisted for the worsted, of which stockings and stuffs are made, than for the yarn of which blankets, carpets, &c., are made. Worsted was named from its being originally manufactured in great quantities, at Worsted in Norfolk, once a large town, but now reduced to a village; the manufacture being removed to Norwich and its vicinity.

Linen is disadvantageous for wear next the skin, because it retains the matter of perspiration in its texture, and speedily becomes imbued with it; it gives an unpleasant sensation of cold, is very rapidly saturated with moisture, and conducts heat too rapidly.

Woolen cloth is advantageous, because of the readiness with which it allows the perspiration to escape through its texture, its power of preserving warmth to the skin under all circumstances, the difficulty of making it wet through, the slowness with which it conducts heat, and the softness, lightness, and pliancy of its texture.

CLEANING.

Alkalies are employed in making soap, because an alkali is the only article capable of enabling tallow or oil to combine with water, and to give soap its detergent quality. The tallow moderates the alkali, and prevents its injuring the hands of those who use it. The ancient Gauls and Germans were probably the inventors of soap, as we are told by Pliny that they made soap with the ashes of vegetables and tallow. A soap-boiler's shop, with soap in it, was discovered in the city of Pompeii, overwhelmed by Vesuvius, A. D. 79.

Alkali is used in bleaching, because it loosens and carries off that particular substance in the cloth which occasions its brown color, and which is a kind of heavy oil.

Muslins and cottons are thrown into pump water after being washed in soft, because of the astringent properties of the hard water, which gives the fibres a peculiar firmness, whilst the soft water would leave them lax.

Pearl-ash and water remove grease spots, because the pearl-ash unites chemically with the grease, forming a species of soap which easily washes out.

Pipe-clay is used for scouring cloth, because pure clay, or alumina, has great affinity for greasy substances.

Alum is used in dyeing, because it cleanses and opens the pores on the surface of the substance to be dyed, rendering it fit for receiving the coloring particles (by which the alum is generally decomposed) and at the same time making the color fixed.

THE DRESSING-ROOM.

Charcoal is the best dentifrice, because of its antiseptic properties and its destroying the smell of various substances; thus rendering it a ready sweetener of the breath.

Tartar on the teeth destroys them, because it consists of animalculæ, which produce decay and tooth-ache. Crab verjuice, diluted with water, will destroy them.

A hair drawn between the finger and thumb from the end to the root, gives greater resistance, and a different sensation, to that caused by drawing the hair contrariwise, because the hair is indented with teeth, resembling a coarse round rasp, but extremely irregular and rugged; and these incline all in one direction, like those of a common file, from the origin of the hair toward its extremity.

Onions rubbed on the scalp stimulate the growth of hair, because of the ammonia contained in the onion. Hartshorn diluted is used by some persons for dressing the hair.

Camphor, pepper, musk, &c., are useless to rid a wardrobe of clothes-moths, because neither of these articles will affect the eggs of clothes-moths, and even the insects sometimes wrap themselves up too closely to be affected by anything but *heat*. This, when it can be conveniently applied, will be certain either to dislodge or to kill them.

Cedar and rose-wood are unattacked by insects, because of the aromatic oils they contain; all volatile or odorous substances being particularly destructive to the minute insects and animalculæ found in wood.

CULINARY IMPLEMENTS.

Some tea-trays, snuff boxes, &c., are called "papier-mache," because they are made of cuttings of white or brown paper, boiled in water, and beaten in a mortar till they are reduced to a kind of paste, and then boiled with a solution of gum arabic, or of size, to give consistency to the paste, which is afterward formed into different shapes, by pressing it into oiled molds. When dry, it is coated with a mixture of size and lampblack, and afterward varnished.

A silver spoon changes color when immersed in an egg, because the egg contains sulphur, or sulphuretted hydrogen, that is to say, one part of hydrogen combined with sixteen parts of sulphur.

House bells often fail to ring when pulled in summer, because the wires then become expanded or slack, whereas they are of proper length in winter.

Copper sauce-pans may be safely used in cooking, if kept clean, because fat and oily substances, and vegetable acids, do not attack copper while *hot*. If soup, gravy, &c., grow *cold* in copper vessels, danger will ensue. If put away damp they become encrusted with poisonous matter, and if not often used, their surface becomes rusted by exposure to the atmosphere.

Pewter is of superior sweetness for domestic purposes, because of the great proportion of tin which it contains. Thus the mixture for pewter is 112 lbs. tin, 15 lbs. lead, and 6 lbs. brass; and some manufacturers make it of bismuth and antimony. Bismuth is generally mixed with tin, to give that metal more brilliancy and hardness.

LAMPS AND CANDLES.

The flame of a candle burns in a conical shape, because the flame is a tube or cone of fire, the hollow part of which is filled with the vapor which is not inflamed, and the vapor being gradually consumed as it rises, the quantity is lessened in its dimensions. The vapor is rendered of less specific gravity than the air, and so is the flame, or ignited vapor; consequently it rises upward.

Cornelius & Co.'s solar lamps give an improved light, because any contrivance by which air may be more freely admitted to a body in a state of combustion, makes it go on more actively, and thus lamps receive the air into a hollow within the flame, by which means oxygen enters into it externally and internally.

The wick of a lamp smokes but little when surrounded by a glass, because the principles of the oil, that supply the flame, are concentrated within the tube of glass, and are thus more effectually consumed than in the open air. Hence, also the light is improved.

A lamp smokes when the wick is cut unevenly, because the gas or vapor of the oil escapes more at the longer part of the wick, and not reaching the center of the flame, cannot be entirely consumed.

LIGHT AND SHADOW.

A person viewing himself in a looking-glass, appears on the glass but one-half his real magnitude, let his distance from the glass be in any manner varied, because his image appears behind the glass, exactly at the same distance as the object is before it,

the mirror being half way between him and his apparent image, and cutting in half the cone of rays proceeding from his image to the eye.—*Arnott.*

A gold fish in a glass globe often appears as two fishes, because the fish is seen as well by light bent through the upper surface of the water, as by straight rays passing through the side of the glass.

The shadow of a hand held between a candle and the wall appears gigantic, because the light-giving surface is then smaller than the opaque body, and the shadow is consequently larger than the body.

INK.

Galls and sulphate of iron are used in making ink, because the tannin and acid of the galls precipitate a fine black fecula from the sulphate of iron.

Logwood and gum are used in making ink, because its coloring matter is disposed to unite with the oxide of iron, and renders it not only of a very dark color, but less capable of change from the action of acids, or of the air. Gum arabic, or any other pure gum, is of service, by retarding the precipitation of the fecula, by preventing the ink from spreading or sinking into the paper, and by affording it a kind of compact varnish or defense from the air, when dry.—*Ribancourt.*

Vinegar is objectionable in ink, because the acid acts so strongly upon the pen that it very frequently requires mending.

Ink should be kept in closed vessels, because, if uncovered, it absorbs oxygen, and the color is injured; and its watery part evaporates, and leaves it unfit for use.

One of the best substances for diluting ink, if it be, in the first instance, too thick for use, or afterward become so by evaporation, is a strong decoction of coffee, which appears in no respect to promote the decomposition of ink, while it improves its color, and gives it an additional luster.—*Dr. Bostock.*

Ink, though pale when first written with, afterward becomes black, because the galls will not immediately give a black color to the copperas, but require exposure to atmospheric air, so that the iron may acquire more oxygen.

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